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CFL ACTION

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metroSPORTS

PARIS STANDS DEFIANT

Thousands gather for a national service at Notre Dame Sunday for the victims of the attacks. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Bombs target ISIL as police seek attacker

France launched "massive" airstrikes on the Islamic State of Iraq and the Levant's de-facto capital in Syria Sunday, destroying a jihadi training camp and a munitions dump in the city of Raqqa, where Iraqi intelligence officials say the attacks on Paris were planned.

Twelve aircraft including 10 fighter jets dropped a total of 20 bombs in the biggest air strikes since France extended its bombing campaign against the extremist group to Syria in September, a Defence statement said. The jets were launched from sites in Jordan and the Persian Gulf, in co-ordination with U.S. forces.

Meanwhile, as police announced seven arrests and hunted for more members of the sleeper cell that carried out the attacks that killed 129 people, officials said several key suspects had been stopped and released by police after the attack.

The arrest warrant for Salah Abdeslam, a 26-year-old born in Brussels, calls him very dangerous and warns people not to intervene if they see him.

Police already had him in their grasp Saturday, when they stopped a car carrying three men near the Belgian border. By then, hours had passed since authorities identified Abdeslam as the renter of a VW Polo that carried hostage takers to the Paris theatre where so many died.

French police and a top French security official confirmed that officers let Abdeslam go after checking his ID.

Clues about the extent of the plot have also emerged from Baghdad, where senior Iraqi officials said France and other countries had been warned on Thursday of an imminent attack.

An Iraqi intelligence dispatch warned that ISIL leader Abu Bakr al-Baghdadi had ordered his followers to immediately launch gun and bomb attacks and take hostages inside the countries of the coalition fighting them in Iraq and Syria. THE ASSOCIATED PRESS

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metro NEWS

Your essential daily news

Cities across the country light up to support Paris. **Page 7**

STUDENT UNIONS

New Wildrose policy would allow opt-out

Brodie Thomas
Metro | Calgary

The Wildrose Party passed a policy change at the group's annual general meeting that would make joining a post-secondary student union optional.

Keean Bexte is one of ten university students who brought the motion forward.

He said the policy change was passed almost unanimously by the approximately 300 delegates who were present for the vote.

"I think it's important that they have the option to join or not join," said Bexte. "Every human has the right to decide who they want to associate with."

Under the Post-Secondary Learning Act of Alberta, every post-secondary student is automatically made a member of their campus' student union and must pay dues.

Romy Garrido is chair of the Council of Alberta University Students. She thinks the new policy would mean the end of many student unions across Alberta.

She compared opting out of a student union to opting out of one's municipality simply because one dislikes the mayor.

POLICY

City may cut waste reduction goals

Calgary City administration is rethinking its waste-reduction goals, according to a report going before the standing policy committee on utilities and corporate services.

The city's 80/20 plan launched in 2007 was to divert 80 per cent of city waste from landfills to other programs, including recycling, composting and waste-to-energy (WTE) programs by the year 2020.

Administration is now recommending a 70 per cent waste diversion target by 2025.

Part of the scaling back is due to the delay in rolling out a green cart program for organic waste that was originally slated to begin in 2010.

The report also notes WTE programs have been less than successful in other jurisdictions, and recommends waiting to ensure that technology is proven.

Coun. Joe Magliocca is vice-chair of the committee receiving the report. He is confident the city will still meet its goals once green carts roll out citywide.

"At the end of the day, there really isn't much garbage to go into landfills if we compost and recycle properly," he said.

BRODIE THOMAS/METRO

Cat House hoping to rebuild after fire

DISASTER

Manager has started a fundraiser to rebuild store

Aaron Chatha
Metro | Calgary

Employees of The Cat House have started a fundraiser to rebuild the shop, which has operated in Calgary for almost 25 years, after a strip mall fire tore through the building last week.

Candace Schneider, manager, could only watch through tears as events unfolded over social media on Thursday.

She was on the other side of the country in Newfoundland at the time.

"People were sending me links to news of the fire," she said. "It was really, really heartbreaking to see. I actually broke down in the middle of Avalon Mall and started crying. I couldn't stop because that store is everything to me."

At the time, one of Schneider's biggest concerns were the two cats, both rescues from the Humane Society, who lived in the store.

"The Fire Department, they weren't sure if they'd be able to get the cats because there was so much smoke, but they did rescue both of them," she said. "I know a couple of firefighters got hurt fighting the fire, so we could never repay them for getting our two shop cats out."

On Nov. 12, fire crews battled a blaze at a northwest Calgary strip mall where The Cat House, a long-standing local business, operated. JENNIFER FRIESEN / FOR METRO
Inset: Candace Schneider. COURTESY CANDACE SCHNEIDER

> **I actually broke down in the middle of Avalon Mall and started crying.**
> Candace Schneider

At the time, Henry Wegiel, co-owner of The Cat House, told Metro News that the cats were out, taken to a friend's place and doing fine.

At first Wegiel's wife Joanne, co-owner, told Schneider they were thinking of moving their business online instead of rebuilding.

Schneider said the store is where she met some of her closest friends, and it often went out of it's way to help shelters and local foundations.

"It's a place like nowhere else," she explained. "We made a lot of our own cat toys in the store and actually we sell those to raise money for many rescue groups."

She started a fundraiser on GoFundMe to raise money to rebuild the store. It raised $15,000 in two days.

Schneider hopes the fundraiser will be enough to convince the owners to rebuild and reopen, after seeing the outpouring of community support. For more details visit gofundme.com/pca4sddw. WITH FILES FROM JENNIFER FRIESEN/FOR METRO

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Making love in the kitchen

HOLIDAYS

Blogger cooks up happiness for people she cares about

Jennifer Friesen
For Metro

Growing up, Angela Shears' parents would joke that if she didn't find a man who could cook, she'd never survive.

"I couldn't cook to save my life," she laughed. "My whole family has known I hated cooking since I was young."

But she soon met a chef — the man who would become her husband — and thought she might give cooking another try (even if just to impress him a little).

The experiment hatched a new passion for her, and now seven years on, Shears has turned the joke around.

With a big family to host on the holidays, the local food blogger has become the one bringing in the fan favourites.

"As cheesy as it sounds, I think it's about making people happy," she said. "Food makes people happy, and making other people happy makes me happy."

Her beef dip became the latest hit, after she tried the recipe out last Thanksgiving. She wasn't expecting rave reviews when she arrived with her Crockpot in tow, but it became the centrepiece of the evening as the family hovered around the kitchen table, devouring the appetizer.

"It's funny because it doesn't look very pretty, so people think 'Oh, it's just another dip,'" she said. "But once they all started tasting it, they couldn't get enough."

As Shears recalled looking around the table, sharing food and sharing stories, she said that simple recipes, such as the beef dip, is a perfect way to bring the family together during the holidays.

"It's very much a social thing," she said.

"To be all together and have something nice to eat so people remember the happy feelings of being together, it's a good feeling."

PLAN SUCCESS

Angela's tips for great family holiday gatherings

- Make lists for everything you need and keep them all in the same place.
- Plan everything super far in advance, even a month.
- Make more food than you need, because everyone's happier with food.

Angela Shears' beef dip has become a staple at holiday gatherings. JENNIFER FRIESEN/FOR METRO

BEEF DIP RECIPE

Ingredients

2 lb ground beef
1 small onion, finely chopped
2 cloves minced garlic
1 (4 oz) can diced green chilies
1 680 ml can tomato sauce
½ tsp salt
1 Tbsp sugar
½ cup ketchup
1 tsp oregano
16 oz cream cheese, softened and cut into small cubes
½ cup Parmesan cheese
1½ tsp chili powder

Directions

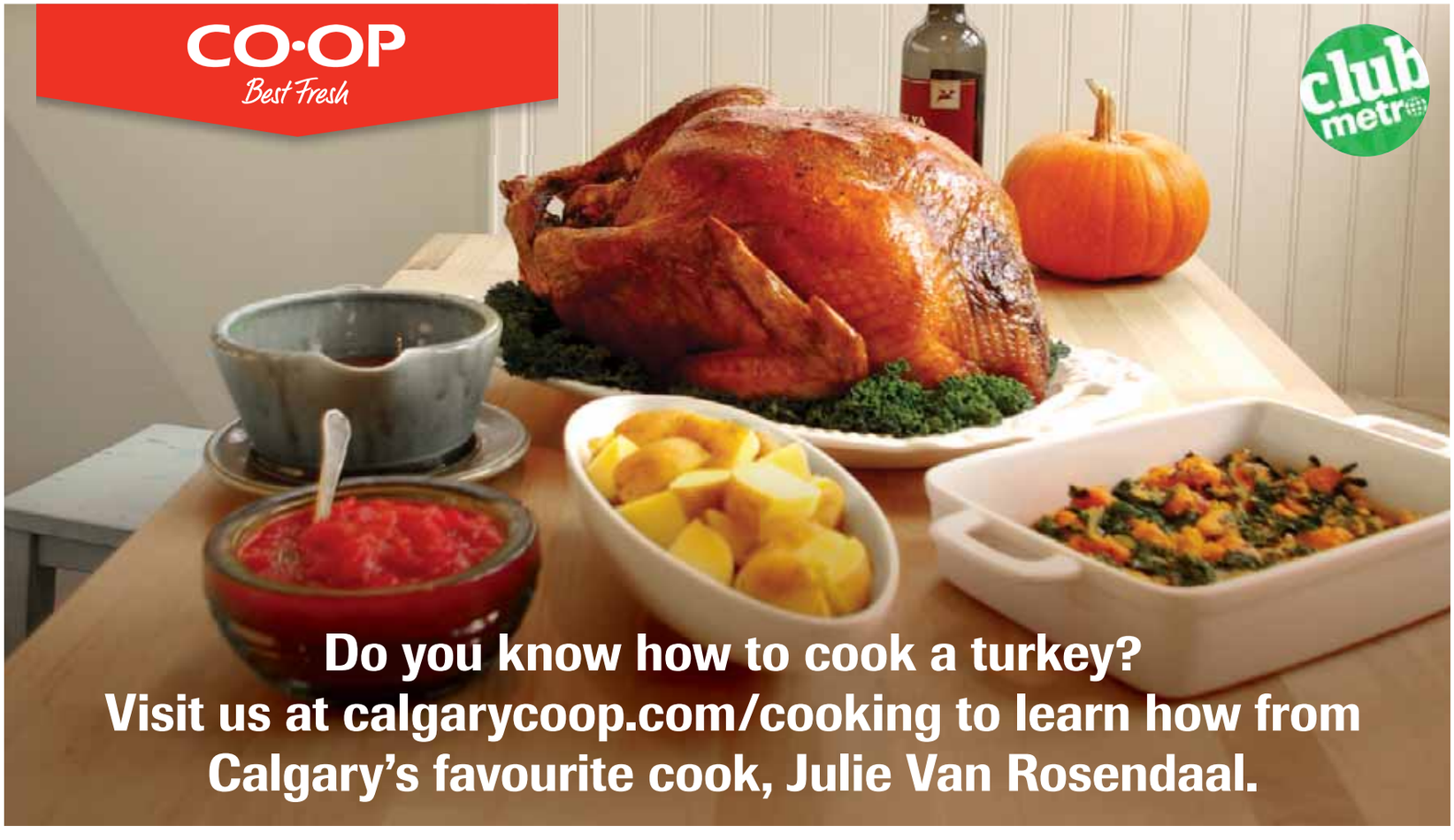
1. In frying pan, brown ground beef with onion, garlic, and diced green chilies. Once it's browned and cooked completely, drain off any excess fat. Put the mixture into a slow cooker.

2. Add tomato sauce, salt, sugar, ketchup, oregano, cubed cream cheese, Parmesan cheese and chili powder. Stir ingredients together to combine.

3. Cover and cook on LOW for two hours or until cream cheese melts and dip can be thoroughly combined.

4. Serve with tortilla chips.

COURTESY ANGELA SHEARS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Four charged in Kijiji theft spree

CRIME

Culprits met victims to test-drive cars

Lucie Edwardson
Metro | Calgary

Kirk Leslie Naziel
FACEBOOK

Christina Louise Ramchuk FACEBOOK

Lacey Victoria Cecile Tiedemann
FACEBOOK

Anton Vlooswyk said he remembers the moment he knew things weren't right when attempting to sell his Range Rover to a man he'd met through Kijiji in early September.

After meeting the potential buyer in a public parking lot, Vlooswyk said the man convinced him to get out of the car to help him check if the back-up camera was working.

"I had one foot out of the vehicle, and that's when I knew there was something wrong, because he pinned it and it was gone," he said.

Now, after months of not knowing, Vlooswyk said he is excited to hear police have laid charges in relation to the theft of his vehicle as well as six others.

"It's unfortunate they haven't recovered the vehicles, but it's something that is one step at least in the right direction, because thousands of people sell cars on Kijiji everyday, and it should be a safe place to sell a vehicle," he said.

Acting Det. Bruce Brown said the case came onto his radar in mid-August.

"There was a theft of a Bentley that had occurred, and from that investigation I started to realize that there was a connection between several vehicles being stolen," he said.

Brown said they were making contact on Kijiji and meeting them for a test-drive, which allowed them the opportunity to steal the vehicles.

Charged are Alexandre Alfred Beck-Quenneville, 23, Kirk Leslie Naziel, 28, of Calgary, Christina Louise Ramchuk, 26, and Lacey Victoria Cecile Tiedemann, 22, all of Calgary.

Vlooswyk said hindsight is 20/20, but by looking back he would do a few things differently.

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MEDICINE

Doctors resist email correspondence

Many doctors are a bit hesitant to relay information with their patients via email, given the possibility of privacy breaches, according to a new study by Dr. Doreen Rabi with the University of Calgary.

The study involved 16 diabetes care providers, including nine physicians and seven allied health professionals, which includes nurses, psychologists and dieticians. Participants and focus groups filled out surveys so data could be collected.

Allied health professionals were more likely than physicians to email their patients, Rabi said, adding physicians deal with more clinically complex situations, so there could be increased concerns over information getting lost in translation.

Carl Fransen, president of CTech Consulting Group, which largely deals with cyber security, said correspondence via email can be finicky, especially for doctors.

"Email by itself is terribly non-secure," he said, adding there's a slew of scenarios where email could go awry.

He said emails can enter cyberspace and become duplicated, meaning others could read them. Emails may never reach the intended recipient and, in legal cases, the text could be used as evidence, meaning doctors and patients must be extremely careful with their words, he added.

Rabi acknowledged those issues, adding Alberta Health Services has guidelines that say doctors must encrypt their messages.

But encryptions could be too secure to be useful — patients might not know how to decrypt emails, she said.

JEREMY SIMES/METRO

A render of Calgary's upcoming Mill Street Brewery.

CONTRIBUTED/DUEL ARCHITECTURE

Mill Street gets new address

BEER

Former Republik Nightclub to host brewery

Jeremy Simes
For Metro | Calgary

Beer aficionados unite!

Mill Street Brewery's Steve Abrams has confirmed the chain will open in the former location of Republik Nightclub — 219 17 Avenue SW, or the Costigan house — come spring 2016.

"There's been strong rumours, but it's definitely happening on the south leg of the Red Mile," said Abrams, co-founder of Mill Street. "We're super excited — it's been years and years in the making."

In fact, Abrams and Stephen Reid — president of Calgary-based Creative Restaurants Group — have spent four years looking for the perfect spot for Mill Street to move in to, Reid said.

"There was a lot of time and effort finding the right spot, and we missed a few opportunities, which was frustrating and challenging," Abrams admitted. "We would have liked to have got in sooner."

In 2014, rumours swirled the brewery would open at the now-closed Melrose on 17th Avenue, though Abrams dispelled those whispers in March of that year.

Mill Street partnered with Creative Restaurants to get the beer house running.

Reid said the Costigan house will be renovated back to its '20s-styled "glory days," while installing a complete brewery that's opposite to the house.

In the home, there will be a '50s-themed beer hall on one side, and a more upscale, sit-down space on the other, he added.

Upstairs, there'll be a brewmaster's study that pays homage to Calgary's beer history, where patrons can dine more intimately. Beer tours will also be arranged.

"It'll be a real beer experience," Reid said. "We're renovating it to make it feel like you've walked into a fresh country kitchen. It'll be bright and cheerful."

IN BRIEF

Killer sought in barbershop shooting

Calgary police are trying to locate the suspect in a Saturday night shooting at a barbershop in southeast Calgary, in which one man was killed.

It is the 13th shooting death in Calgary this year.

At about 5 p.m. on Nov. 14, a man entered the Johnny Scissorhands barbershop on 20 Avenue SE. He talked to a customer in quick conversation before pulling a gun and shooting him.

Calgary police said after the shooting, they believe the suspect got into a silver SUV across the street and fled. Witnesses are asked to contact Crimestoppers.

METRO

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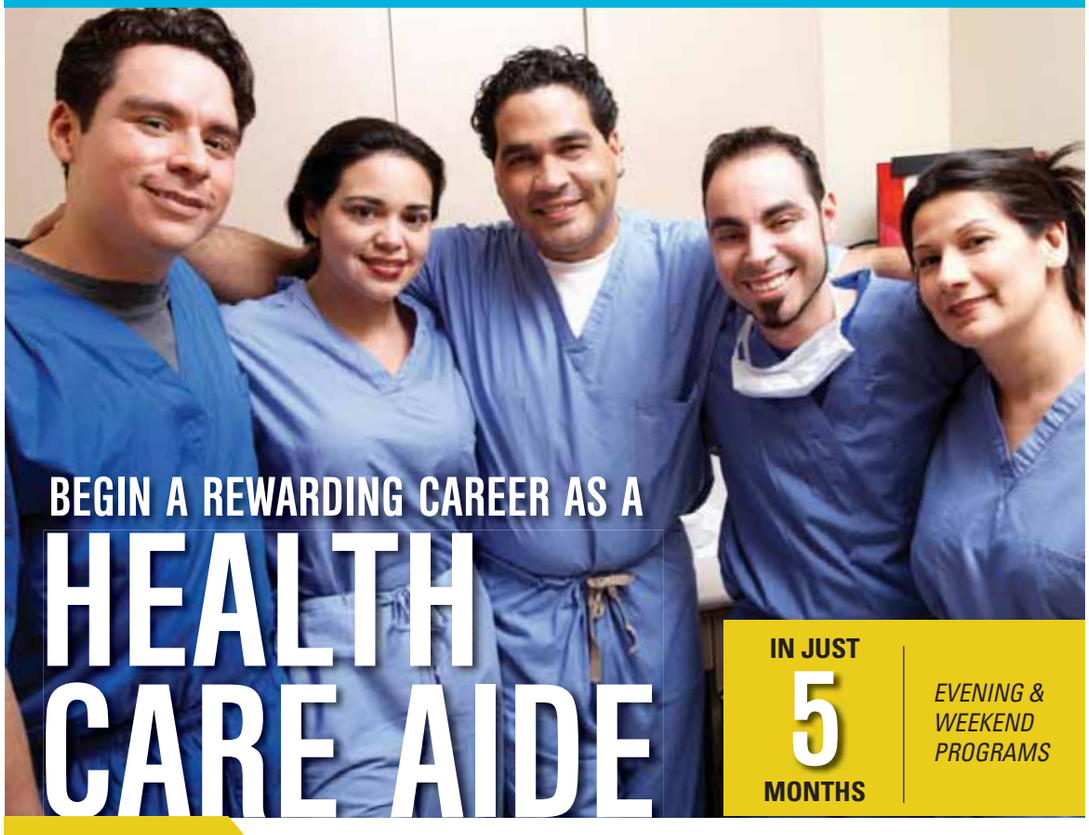

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Canadian landmarks light up in support of France

Paris | Our country's reaction in blue, white and red, as collected by Metro newsrooms

1 Calgary
The Calgary Tower turned the colours of the French flag following the attacks in Paris.
The Canadian Press

2 Edmonton
On both Saturday and Sunday evening, the High Level Bridge shone in solidarity.
Ryan Tumilty/Metro Edmonton

3 Toronto
The CN Tower was one of the first global landmarks to glow in blue, white and red. Torstar News Service

4 Winnipeg:
The recently installed Grey Cup sign at The Forks in Winnipeg was illuminated over the weekend.
The Canadian Press

5 Halifax
On Saturday evening, Haligonians could see Halifax City Hall lit up in French colours. @AlexanderQuon

6 Ottawa
On Friday, a moment of silence to honour victims featured the French flag on a video screen prior to NHL action. Fred Chartrand/
The Canadian Press

7 Vancouver
The sails of Canada Place in Vancouver were lit blue, white and red on Saturday night.
Canada Place/Instagram

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PETERBOROUGH

Mosque set ablaze deliberately: Police

Just a half hour before their mosque was set ablaze on Saturday, members of the Kawartha Muslim Religious Association were in the building celebrating the birth of a baby, said the president of the association, Kenzu Abdella.

Shortly after the party left, a neighbour noticed smoke and called 911.

The fire was set deliberately around 11 p.m., police confirmed Sunday. Abdella said the group left at 10:30 p.m.

Police say they don't know the motive, and they don't have a suspect. They couldn't say whether the fire was connected to the attacks in Paris that the Islamic State of Iraq and the Levant (ISIL) is taking credit for.

However a Muslim group is calling for police to treat the fire as a potential hate crime.

"We call on authorities to investigate this arson as a hate crime so a clear message is sent that these acts have no place in our communities," Ihsaan Gardee, executive director of the National Council of Canadian Muslims, said in a statement late Sunday.

"This attack is very disturbing. The mosque is regularly attended by families with young children. We are relieved no one was injured as this incident could have been much worse," said Gardee, who stopped short of drawing any link to the Paris terrorism.

THE CANADIAN PRESS

DAMAGES

The solo sanctuary
The Masjid Al-Salaam mosque is the only mosque in Peterborough, Ont. The Peterborough fire department has pegged damages to the mosque at $80,000, though the building's exterior is relatively unscathed.

THE CANADIAN PRESS

Imam Shazim Khan cleans up in the Masjid Al-Salaam mosque in Peterborough, Ont., Sunday after a Saturday night fire.
CHRISTOPHER KATSAROV/THE CANADIAN PRESS

Prime Minister Justin Trudeau takes part in a moment of silence to honour the victims of Friday's attacks in Paris, at the start of a plenary session at the G20 Summit in Antalya, Turkey, on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Trudeau low key on response to attacks

Paris

World leaders step up calls for unity against ISIL

World leaders led by U.S. President Barack Obama are stepping up their calls for a united fight against Islamic State of Iraq and the Levant (ISIL) extremists, portraying Friday's deadly attack in Paris as an assault against all their countries.

Obama branded the terrorist incident as an "attack on the civilized world."

Canadian Prime Minister Justin Trudeau kept a low profile on the issue at the G20 Summit in Antalya, Turkey, on Sunday. He used his first foray on the world stage to talk up infrastructure investments and youth as the keys to economic success, and spoke strongly about climate change.

"This cannot be just another summit.
Donald Tusk, president of the European Council

He only spoke about security when prompted by a reporter on Sunday.

"Obviously the safety and security of Canadians is a priority for me and my government. I've been speaking with our minister of public safety, been speaking with the various police and security agencies to ensure that Canadians are kept safe," Trudeau said. "It's a topic we are engaging with here with the other leaders as well to ensure continued safety for our citizens."

TORSTAR NEWS SERVICE, WITH FILES FROM THE ASSOCIATED PRESS

France's ambassador to Canada Nicolas Chapuis says his country will not change track. SEAN KILPATRICK/THE CANADIAN PRESS

Envoy urges openness

Paris

Nations should still welcome refugees, despite terror

The French ambassador to Canada has vowed the horrific events in Paris would not affect his country's policy towards the Syrian refugee crisis.

Even though a Syrian passport was found among the remains of one of the suicide bombers that struck the French capital's soccer stadium.

The lead, which has yet to be verified, casts a shadow over efforts by both France, and now the Trudeau government, to give safe haven to some of the tens of thousands of refugees and migrants who've flooded across Europe since the spring.

"Let's not be mistaken. France has always been a land of asylum, like Canada," Nicolas Chapuis said. "The people who are seeking refuge are not the barbarians. They are fleeing the barbarians."

The refugees are victims of the cruelty of the Islamic State of Iraq and the Levant (ISIL), who are only asking to live in freedom and peace, Chapuis said.

"Certainly there will be individuals who are going to try to take opportunity to mix with the refugees in order to spread chaos, but let there be no mistake: This should not stop us from opening our arms and helping those who are seeking our help. It is part of our humanity."

The eloquent remarks could have the effect of stiffening the Trudeau government, which faces renewed concern and questions about the planned resettlement of 25,000 Syrian refugees before the end of the year — one of its signature campaign initiatives.

Quebec Premier Philippe Couillard also urged Canadians to remain open to the arrival of refugees despite heightened security fears in the wake of the Paris attacks.

THE CANADIAN PRESS

ISIL

Debate restarts over ending airstrikes

Deadly terrorist attacks in Paris have prompted renewed debate about the Liberal government's intention to withdraw from airstrikes against the Islamic State of Iraq and the Levant (ISIL), but some experts say there is little reason to rethink the plan.

Prime Minister Justin Trudeau made a campaign promise to pull Canada's warplanes from Syria and Iraq and instead focus on training local fighters. He reiterated it in a phone call with U.S. President Barack Obama a day after he was elected.

And on Saturday, after ISIL claimed responsibility for attacks in France that killed at least 129 people, a senior official in Trudeau's office confirmed he hadn't changed his mind.

That's the right call, said Andrew Mack, a security expert and fellow at the One Earth Future Foundation.

"The attack on Paris makes no difference whatsoever to the rationale for not bombing. I actually think bombing is effective, but Canada's contribution to it is minimal," he said.

Mack said ISIL was losing in Syria, pointing to its loss of a town between Mosul and Al-Raqqah and the likelihood it would lose another soon. These defeats are likely to affect its ability to attract disaffected youth, he said. THE CANADIAN PRESS

WITHDRAWAL

Timeline yet to be set
Prime Minister Justin Trudeau has not set a timeline for the withdrawal and some experts speculated he could wait for Canada's military commitment to expire in March.

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IN BRIEF

Lebanon detains nine suspects in connection to Beirut attacks

Lebanon has detained seven Syrians and two Lebanese suspected of involvement in planning terrorist attacks, including a twin bombing last week, and smuggling extremists into the country.

Interior Minister Nohad Machnouk announced the arrests Sunday, three days after a twin suicide attack in a southern Beirut suburb killed 43 people and wounded more than 200.

Machnouk says the attackers were planning to strike the Rasoul al-Aazm hospital, which is run by the militant Hezbollah group, but changed their minds because of tight security. He says they instead targeted a busy street near the hospital during rush hour on Thursday evening. The attack was claimed by the Islamic State of Iraq and the Levant. THE ASSOCIATED PRESS

The scene of Thursday's twin suicide bombings in Burj al-Barajneh.
THE ASSOCIATED PRESS

Kurdish forces uncover two mass graves in town formerly ruled by ISIL

Kurdish forces said Sunday they uncovered two mass graves outside Sinjar, a northern Iraqi town near the Syrian border that was ruled by the Islamic State of Iraq and the Levant (ISIL) group for more than a year before the extremists were driven out last week. The first grave uncovered was west of the town's centre near the technical institute and contained 78 elderly women's bodies, the Sinjar director of intelligence, Qasim Samir, told The Associated Press. The second grave was uncovered about 15 kilometres west of Sinjar and contained between 50 and 60 bodies of men, women and children, he said. THE ASSOCIATED PRESS

A mass grave of more than 50 Yazidis killed by ISIL.
THE ASSOCIATED PRESS

People gather at a makeshift memorial in front of the Bataclan theatre Sunday to honour those killed by Islamic State of Iraq and the Levant (ISIL) jihadiists in scenes of carnage at a concert hall, restaurants and the national stadium. FRANCK FIFE/AFP/GETTY IMAGES

Survivors speak of 'hell' during Bataclan slaughter

Paris

Famous music venue became scene of utter chaos, horror

There was a moment — just a moment — when the concert hall was eerily quiet. The rock band had stopped playing, and people had dived to the floor after realizing the sudden explosions hadn't been part of the show. Everything was silent.

Then the attackers started again, strafing the crowd with automatic gunfire. There were screams of terror, the staccato of Kalashnikovs and cries of the wounded, followed by a standoff with police and the explosions of suicide bombs.

By the time the ordeal was over at one of Paris' celebrated entertainment venues, 89 people were dead and many more were wounded, entangled bodies in pools of blood.

A French survivor summed it up with one word: "Hell."

It was a sell-out crowd at the Bataclan on Friday for the 9 p.m. concert by an American group, the Eagles of Death Metal. Less than an hour after the band began its set, a series of bangs rang out. Many thought it was firecrackers or pyrotechnics.

"Everyone thought it was part of the show, but then I saw the lead singer's face drop before he ran off stage, and the lights came on," university student Hanna Corbett, 21, told the Nottingham Post newspaper of Britain.

"We all just dropped to the floor. When the music stopped, there was this haunting silence in between gunfire and I could see blood on the floor."

As the Eagles of Death Metal performed, at about 9:40 p.m., a black Volkswagen Polo drew up and parked outside the Bataclan, French officials said.

The gunmen in the concert hall were "very calm, very methodical, very slow," John Leader, 46, told Australia Broadcasting Corp. after escaping with his 12-year-old son. Two of the men worked together, one aiming and shooting while the other covered him.

> **They were obviously trying to stay quiet so that they didn't attract more gunfire.**
> French survivor Michael O'Connor, on the wounded refraining from crying out while being held captive

"They weren't in there shooting like in an American movie," Leader said. "It was finding a target and then shooting, and then finding the next target and then shooting."

Corbett said she and Jack Konda, 21, another student from Nottingham University, escaped by crawling over "a pile of people" — they weren't certain whether they were dead or alive — near the fire exit.

Michael O'Connor, another Briton who was attending the concert with his girlfriend, spoke to the BBC of utter chaos with "people falling all over the place, people screaming, people just clawing and running and pushing to get away."
THE ASSOCIATED PRESS

CASUALTIES

Identities, details of more victims emerge in Paris

A Chilean mother and her daughter, cut down in a concert hall while the daughter's five-year-old son survived. A young Italian woman, separated from her boyfriend and friends when the concert erupted in chaos. They were among the latest victims named as officials on Sunday continued the heavy task of identifying the 129 people killed in Friday night's co-ordinated terrorist attacks in Paris. Among the confirmed dead:

— **Nick Alexander**, 36, of Colchester, England, who was working at the Bataclan concert hall selling merchandise for the performing band, Eagles of Death Metal.

— **Thomas Ayad**, 32, producer manager for Mercury Music Group and a music buff who was killed at the Bataclan.

— **Asta Diakite**, cousin of French midfielder Lassana Diarra, who played against Germany in Friday's soccer match at Stade de France, during which three suicide bombers blew themselves up outside the stadium Friday night.

— **Patricia San Martin Nunez**, 61, a Chilean exile, and her daughter, **Elsa Veronique Delplace San Martin**, 35. They were attending the concert at the Bataclan with Elsa's five-year-old son, who Chilean officials say survived.

— **Valeria Solesin**, 28, an Italian-born doctoral student at the Sorbonne. She had lived in Paris for several years and had gone to the concert at the Bataclan with her boyfriend. They lost track of each other as they tried to escape.
THE ASSOCIATED PRESS

Massacres signal a global move by ISIL

Paris

Group may be using recent bombings to attract recruits

As the deadly attacks in Paris made horrifically clear, the Islamic State of Iraq and the Levant (ISIL) group is determined to establish itself as the dominant jihadist movement capable of operating far beyond the limits of its self-declared "caliphate."

Doing so achieves numerous aims for the group, not least of which could be winning it clout to attract even more recruits. Others may include sharpening divisions between Muslims and non-Muslims in Europe — and forcing the West into a difficult choice of either backing off or being drawn into what ISIL would see as a holy war in Syria and Iraq.

People gather and view messages written on the ground at **Place de la Republique on Sunday** in Paris, France. GETTY IMAGES

Coming soon after ISIL claimed the downing of the Russian plane in Egypt and deadly suicide bombings in Lebanon and Turkey, the Paris attacks appear to signal a fundamental shift in strategy toward a more global approach that experts suggest is likely to intensify.

"The message is that this is an open war, not restricted to the conflict zone in Iraq and Syria," said Bilal Saab, a resident senior fellow for Middle East Security at Brent Scowcroft Center on International Security.

Until now, the militant Sunni group had mostly focused on its internal rivals — Bashar Assad's regime and rival Muslim Shiites, which the group considers to be heretics.

ISIL claimed that Friday night's attacks, during which scores of innocent victims were methodically gunned down in the heart of Paris, was a response to France's role in U.S.-led airstrikes against ISIL in both Iraq and Syria.

THE ASSOCIATED PRESS

BALKAN CORRIDOR

Passport highlights lax security measures

The focus on a Syrian passport found near the Paris attacks highlights an uncomfortable reality: European authorities are completing few checks on the hundreds of thousands of people moving across their territory fleeing war and poverty.

The passport found near the body of a suicide bomber was registered in October in Greece, Serbia and Croatia, three of the countries on the corridor that crosses the Balkans and is known for lax controls and ease in obtaining transit documents. The owner was allowed to proceed because he passed what is essentially the only test in place — he had no international arrest warrant against him, police in the states said Sunday.

It was not clear whether the passport was real or fake, or whether it belonged to the suicide bomber. But trafficking in fake Syrian passports has increased as hundreds of thousands of people try to get refugee status, the chief of the European Union border agency Frontex has said. Most of those who enter countries on the so-called Balkan corridor for migrants — Greece, Macedonia, Serbia and Croatia — are registered with authorities. Their data are checked against Interpol records, and their fingerprints and photos are taken. But, many people tell officials that they've lost their identity papers, and they can give false names and other information, including their country of origin.

THE ASSOCIATED PRESS

In this October 2015 photo, migrants enter to register with the police in a refugee centre in the southern Serbian town of Presevo. THE ASSOCIATED PRESS FILE PHOTO

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Grief, panic and the Notre Dame bells

Paris

Emotions raw in aftermath of devastating attacks on city

Parisians bonded Sunday in spontaneous celebrations of life in defiance of the attacks — but then panic over firecrackers sent the crowds fleeing, hiding under benches, overturning chairs and bicycles.

Emotions were raw as the French capital entered three days of mourning for 129 people killed for their way of life. The famed bells of Notre Dame cathedral pealed for 15 minutes in honour of the victims. Police sirens punctuated the melody.

At cafes targeted by extremist gunmen, and at the Republique Plaza in one of Paris' most vibrant neighbourhoods, hundreds of people streamed in gradually throughout the afternoon to a makeshift tribute.

A huge banner draped at the bottom of the statue on the plaza reads: "Can't Scare Us."

Then suddenly a noise crackled, apparently firecrackers. Police officers arrived, guns pointed, to investigate.

Everyone ran in every which direction, crying and escaping by adjacent streets, emptying the huge plaza within minutes.

Shouts rang out — "Run!" "Get out!" "Lie down!"

People tripped over flowers, candles and souvenirs left in tribute.

They took refuge in a nearby hotel, a sports store, under cafe tables, park benches, behind trees.

"Whoever starts running starts everyone else running," Alice Carton, a municipal worker who came to Republique with two friends, said in a series of messages over her smartphone. "It's a very weird atmosphere. (The) sirens and screaming are a source of fear."

At a special Notre Dame service for the victims, several lines stretched out of the cathedral. Scores of police patrolled, their hands on their weapons.

Police cars surrounded all sides of the 850-year-old monument.

"I came on vacation for five days, I was sorry all this happened but I felt like staying here was supporting France," said Marina Presnyakova, a 37-year-old tourism industry worker from Sochi in Russia.

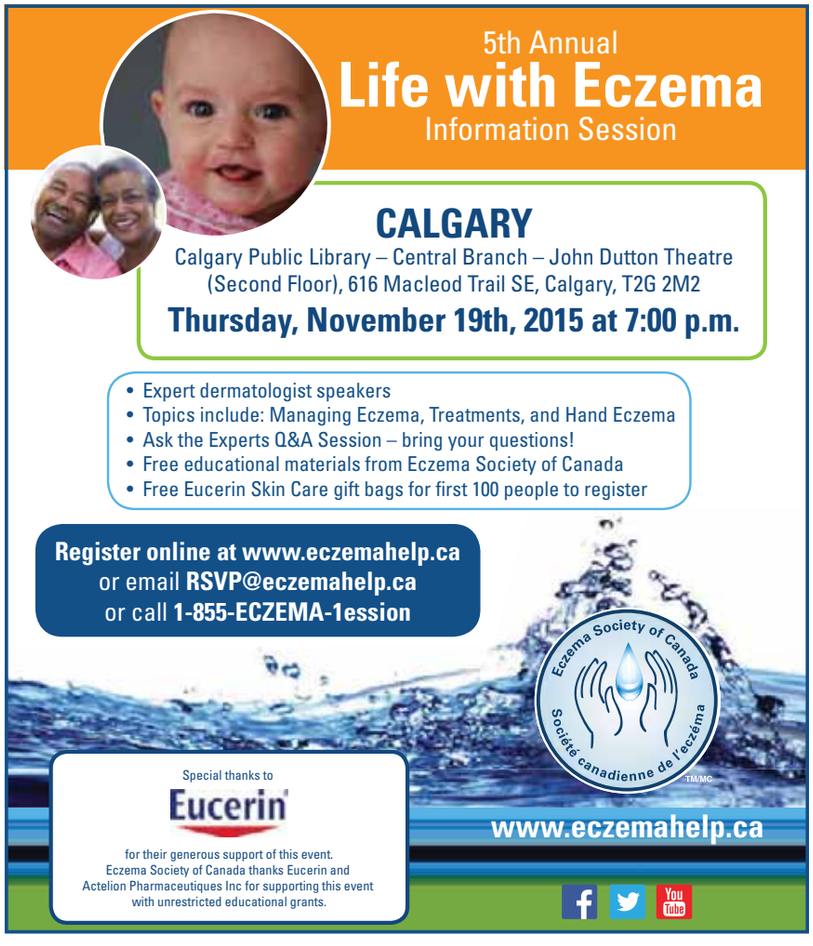
Michael Staubes, a 70-year-old retired Virginia native now living in Paris, put his hand to his forehead in distress.

"I'm taking a video of the bells in solidarity to show my friends back home in the States. I found the whole situation so disturbing. It's too difficult. There are no words."

THE ASSOCIATED PRESS

Armed police deployed in Place de la Republique during a false-alarm incident Sunday. GETTY IMAGES

> **It's a very weird atmosphere. The sirens and screaming are a source of fear.**
> Alice Carton, a municipal worker who came to Republique with two friends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Dacian Ciolos, Romania's prime minister-designate.
THE ASSOCIATED PRESS FILE

Youth, women highlighted

ROMANIA

New cabinet will aim to overcome past corruption

Romania's prime minister-designate on Sunday named his cabinet of mostly young professionals with management experience, after the former government collapsed following mass protests over a nightclub fire where at least 55 died.

Dacian Ciolos named his ministers, all of whom will need to be approved by Parliament later this week. Seven of the 22 posts are to be held by women.

The nomination of Ciolos, who named a government of technocrats, is a direct criticism of Romania's politicians who are perceived as being corrupt, arrogant and removed from the problems of ordinary people. Parliamentary elections are scheduled for late 2016. Parties indicated Sunday they will approve the government.

Former Prime Minister Victor Ponta, who was already on trial for corruption charges related to his work as a lawyer from 2007 to 2008, and his cabinet resigned on Nov. 4 after tens of thousands protested over the nightclub fire.

Protesters say the tragedy happened because of lax fire regulations and corruption. Thousands continued to protest for several evenings, demanding better governance and an end to corruption.

Romania's ambassador to Britain, Mihnea Motoc, was named defence minister, while Cristina Guseth, director of the Freedom House Foundation, was picked as justice minister.

"I want an efficient and professional team," said Ciolos, a former EU agriculture commissioner.

Paliu Dragu, an economic analyst in the European Commission, as finance minister.

The most senior member of the Cabinet is Lazar Comanescu, 66, who began his career in the foreign ministry in 1972, and was formerly Romania's ambassador to Germany.

THE ASSOCIATED PRESS

CRIME

Mexico extradites traffickers

Mexico says it has extradited two drug trafficking suspects to the United States.

One of the two suspected traffickers is believed to be a major cocaine distributor for the Sinaloa Cartel.

Sunday's statement by the Attorney General's Office identifies them as Cesar Gastelum Serrano and Pedro Alejandro Rubio Perez.

Gastelum Serrano was arrested in April in the resort of Cancun.

The U.S. Treasury Department placed him on its drug kingpin list in December, highlighting him as "one of the most prolific cocaine suppliers for Mexico's Sinaloa Cartel."

The Treasury Department's Office of Foreign Assets Control said he headed "a vast criminal network to lead a cocaine trafficking organization capable of moving tons of cocaine per week through Honduras and Guatemala to Mexico."

Rubio Perez was arrested in 2013 on drug and organized crime charges.

The cartel is a prominent organization in the international drug trade.

American officials have called it "the most powerful drug trafficking organization in the world."

THE ASSOCIATED PRESS

IN BRIEF

Bahrain court hands 12 Shiites life sentences

A defence lawyer in Bahrain says a court has ordered 12 Shiites to life in prison and stripped them of their citizenship on charges of forming a terrorist group and targeting police with explosive devices.

Lawyer Isa Ebrahim said the court issued its verdict Sunday for incidents that took place in 2013 and 2014. THE ASSOCIATED PRESS

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Police detain protesters

G20

Dozens held near Antalya during summit

Police in the Turkish Mediterranean city of Antalya detained dozens of people Sunday during a series of protests denouncing a G20 summit that is underway in a nearby seaside resort, although the demonstrations were mostly peaceful.

Security is tight during the two-day meeting, expected to be dominated by discussions about how the G20 nations will respond to the deadly Paris attacks that have been claimed by the Islamic State of Iraq and the Levant (ISIL) group. Demonstrators were being kept away from the venue at a secluded seaside resort some 40 kilometres from Antalya city.

A group of some 500 youths belonging to a Turkish nationalist association gathered in the city, holding up cardboard effigies of U.S. President Barack Obama and denouncing U.S. interventions in the Middle East. Police allowed the group to march briefly only after they agreed to leave the effigies behind.

Hundreds of members of Turkish left-wing groups and trade unions later held another protest denouncing the organization which gathers the world's wealthiest economies.

They marched in central Antalya carrying a banner that read in Turkish and in English: "Killer, colonialist, imperialist war organization G20 get out!"

Police detained dozens of demonstrators after one of the demonstrators threw fireworks at police while the crowd was dispersing.

Earlier, police detained four protesters who wanted to walk to the venue of the G20 summit to deliver a letter to participants.

Police also detained a group of about 20 protesters who refused to undergo a security check, the state-run Anadolu Agency reported. THE ASSOCIATED PRESS

Officers take a leftist demonstrator into custody during an anti-G20 protest in Antalya, Turkey, on Sunday. THE ASSOCIATED PRESS

IN BRIEF

Cyclone killed 18 in Yemen

Yemeni officials say a rare cyclone that hit the country's remote island of Socotra early this month has killed 18 people.

The Sunday numbers are the most comprehensive tally to date for Cyclone Chapala, which hit the island on Nov. 1 and made landfall days later. Col. Abdullah Juman, head of the Yemeni response operations room, also said the cyclone had damaged roads, ports and electricity lines which authorities were preparing to repair. He says many people are still missing on the island and that thousands of homes were destroyed. THE ASSOCIATED PRESS

Guantanamo Bay releases five prisoners

Five men held by the U.S. at its base in Guantanamo Bay, Cuba, have been released and sent to the United Arab Emirates.

The Pentagon says the five Yemeni men were accepted for resettlement in the Persian Gulf nation after U.S. authorities determined they no longer posed a threat. THE ASSOCIATED PRESS

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metro

China ties, Paris loom over APEC

A Philippine Air Force helicopter hovers over the venue as part of security preparations for next week's APEC Summit of Leaders in Manila, Philippines. THE ASSOCIATED PRESS FILE

TRADE TALKS

World leaders set to meet in Manila under tight security

Thorny American ties with China and the Paris terrorist attacks are expected to grab attention from trade issues at the Asia Pacific Economic Cooperation summit that will be held under extra-heavy security in the Philippine capital this week.

U.S. President Barack Obama and the leaders of China, Japan, Mexico and other nations in the 21-member APEC bloc will converge along with 7,000 officials, CEOs and other participants on a convention centre by Manila Bay. Several days of meetings culminate with a two-day summit of leaders beginning Wednesday.

Russia's president, Vladimir Putin, will skip the Manila meetings, partly to focus on an investigation into the Oct. 31 crash of a Russian passenger jet in Egypt that killed all 224 people on board. He will be represented by Prime Minister Dmitry Medvedev. Indonesian President Joko "Jokowi" Widodo will likely be kept away by domestic problems too, according to Philippine officials.

Critics say APEC has few concrete achievements because of its nonbinding status. They dub it a talk shop and joke the acronym means "A Perfect Excuse to Chat." But proponents believe those qualities are its strengths.

"That's exactly the beauty of APEC, you don't have to worry about committing yourself to anything because it's nonbinding," Philippine Finance Secretary Cesar Purisima said. "It gives leaders the freedom to bounce ideas, new ideas."

APEC's agenda this year focuses on trade and economic concerns, including current worries over Asia's slackening growth. Members of the bloc are reluctant to have it address divisive security and geopolitical issues. But complex rifts and political strife often overshadow the annual show of unity that is symbolized by the photo-op of leaders dressed in a quirky or traditional shirt provided by the host country.

THE ASSOCIATED PRESS

BACKGROUND

Founded in 1989 in Canberra, Australia, APEC aims to demolish barriers to trade and investment through nonbinding accords. The unwieldy grouping of countries and self-governing territories that range from liberal democracies to dictatorships accounts for three billion people, half of global trade and 60 per cent of world GDP.

CLIMATE CHANGE

OECD sees a silver lining

The Organization for Economic Co-operation and Development says the world has yet to "turn the corner" on addressing climate change but there is room for optimism. That's because — notwithstanding the gloom over the scale of the global issue, or the naysayers who claim a decarbonized economy means going back to the stone age — there's been a quiet "revolution in renewable energy."

"It didn't happen by accident, there was a lot of money spent by some countries," Simon Upton, the OECD's environmental director, said Friday at a news conference in Paris. "But we really can see what a de-carbonized power generation sector would look like."

In advance of the COP21 climate conference in Paris that begins Nov. 30, the OECD held a media briefing on the state of play in conjunction with the International Energy Agency, the Nuclear Energy Agency and the International Transport Forum.

Some 162 countries have pledged to cut emissions as part of the Paris conference process. However climate scientists say the pledges won't get the international community anywhere near the greenhouse gas reductions required to keep the planet within the 2 C degrees of warming required to avert global climate disruptions.

"You'd have to say that, globally speaking, we have barely started," said the OECD spokesman.

Upton, however, argues the fact there's now a known path to renewable power generation, with falling costs and increasing output, raises the likelihood of getting the job done.

The French hosts of COP21 have added a "climate solutions" component to this year's conference which will catalogue and highlight the practical technologies being developed to address cutting carbon pollution.

This is a very important conference, and we need a success there.
Environment Minister Catherine McKenna

The emphasis dovetails with campaign promises of Canada's new Liberal government, which has promised to support clean technology development through everything from direct investment and green bonds to export assistance and tax changes. The Liberals are also promising to phase out federal fossil fuel subsidies, which a Washington-based NGO pegged at more than $2 billion annually.

Environment Minister Catherine McKenna said Sunday she takes heart knowing the Paris conference will proceed, despite Friday's devastating terrorist attacks.

"I was just in Paris maybe three or four days ago and it's really shocking," she said. "They will still be welcoming the world and I think that sends a message that we need to be strong; that we can't back down; and this is a very important conference, and we need a success there."

Mandate letters for the new Liberal finance minister and natural resources minister released Friday show they are to work "to make Canada the world's most competitive tax jurisdiction for investments in research, development and manufacturing of clean technology."

THE CANADIAN PRESS

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- 5 years of demonstrated success in a similar role
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- Dedication to achieving extraordinary results while maintaining a positive and motivated attitude
- Excellent negotiation skills and ability to influence others
- Entrepreneurial, goal oriented, target driven, creative, detail oriented, efficient, inspirational
- Excellent time management skills, highly organized
- Outstanding communication skills
- Fluent in Microsoft Office – Word, Excel, PowerPoint & Outlook
- Must be a team player

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the big question

Why do we pay more attention to Paris than Beirut?

"It's not Paris we should pray for. It is the world ... in which Beirut, reeling from bombings, is not covered in the press," says a meme responding to the viral hashtag #PrayForParis and Facebook profile pictures featuring the French flag. It's true the global reaction to suicide bombings that killed dozens in Lebanon's capital on Thursday was slower and less severe, says Simon Fraser University communication studies professor Richard Smith: "There is a Western (European and North American) bias in Western media." But that's not the only explanation. Thousands of Canadians visit Paris every year, and the attacks felt like they could have happened here, Smith adds. Bombings are sadly common in the Middle East, but unusual in Europe. Finally, the fallout from the French attacks, like military action against ISIL, could affect Canadians directly. Still, social media may be getting us concerned about issues we *don't* directly relate to, like violence in Lebanon and the Syrian refugee crisis — and that's a good thing, Smith says. Beirut's tragedy may have even attracted more eyeballs because it coincided with the one in Paris. If not for the outrage at the media ("People are really sad and upset, and if they can project that on something else ... they will," Smith says), many people would not have known or cared about Beirut at all.

Treating alcoholics with wine: Weirdly, it works

KINGKADE'S CALGARY

Roger Kingkade

The idea that hot water freezes faster than cold water is counterintuitive, but it's true. Countersteering on a motorcycle is also counterintuitive. However, there has been a lot of experimentation and study to confirm that, even though it doesn't feel right, these things are true.

The idea of giving alcohol to an alcohol addict as a form of treatment is, understandably, counterintuitive. It's also an idea that could be coming to Calgary. And it happens to work.

After seeing a spike in mouthwash abuse among young aboriginal people, Calgary's Aboriginal Standing Committee on Housing and Homelessness is proposing an unusual and controversial harm reduction strategy. They are proposing to start a managed alcohol program in Calgary to tackle the issue of alcohol abuse in the homeless community.

The program gives access to six ounces of wine at regular intervals in place of non-beverage alcohols containing poisons like washer fluid, mouthwash or hairspray. It's enough to ward off withdrawal difficulties. Once stabilized in the program, it's easier to treat the chronic addictions that perpetuate the cycle of homelessness.

Brad King, Interim Executive Director of Shelter House in Thunder Bay, Ont., cites stats like 43 per cent reduction in police contact, 88 per cent reduction in withdrawal management solutions, 37 per cent fewer hospital admissions, and 47 per cent reduction in ER use among his clients to express the success of the program. King says it costs $500,000 per year to run the managed alcohol program at Shelter House.

It's estimated homelessness costs Canadians $7 billion per year.

It is counterintuitive to give alcohol to people who abuse alcohol. It is also counter intuitive to spend $7 billion every year without looking for new solutions to big problems.

Counterintuitive, by definition, means it seems like a bad idea. Managed alcohol program proposals lead to comments like "What's next? Hold AA meetings in a bar?" That's not how this conversation should start.

It's better to understand the objective before scrutinizing the process.

The committee on housing and homelessness is concerned about young people who are in the beginning stages of their alcohol abuse. Acting now to stop people from poisoning themselves and giving them access to treatment is a prudent step in warding off preventable cases of costly homelessness.

What makes them think a managed alcohol program could work? Research, data and the lived experience of program participants in other cities that have tried the same approach.

Calgarians should support this proposal of a managed alcohol program to treat homeless addicts, even if it is counterintuitive. It could be the common ground on which those who empathize with the plight of the city's homeless and the hawkish taxpayers who want to see less of their tax dollars go to waste can toast some success.

Roger Kingkade co-hosts the Kingkade and Breakenridge show every weekday morning from 9 a.m. to noon on NewsTalk 770.

ROSEMARY WESTWOOD

metroview

Resist the temptation of simple explanations for the attacks in France

It's okay that you're alive. It's okay that you had brunch on Saturday, or had wine with friends last night, or made a Christmas shopping list.

It's also okay not to have a simple response to Friday night's horrific attack in Paris.

It was gruesome, unimaginable, even to Parisians "staggering and groggy, still trying to believe what happened," to quote the Canadian writer and Paris resident Nancy Huston. It felt inevitable, for the terrorism that routinely slaughters Muslims to again hit Westerners.

There are already plenty of pat answers swirling, the same that have arisen after similar attacks. They feel predictable, even scripted. They risk oversimplicity, when the questions are far too important.

Take those calling for Canada to increase our bombing campaign in Syria, not end it as the Liberals have promised. A militaristic response feeds revenge, but doesn't have the best track record in the Middle East. If the Liberals truly believe long-term solutions are found elsewhere, we have been shown again how much we need them.

Consider, too, the calls to slow our intake of Syrian refugees, lest some be terrorists — a wholly unnecessary move, say some immigration experts, that ignores the screenings already planed.

Take Francois Hollande's claim that only now, with the spilling of Parisian blood, has the war begun, while ISIL called the attack retaliation against France for bombing Syria, where the war has been raging for five years. (France launched significant airstrikes at ISIL over the weekend.)

Beware also the need to underline the way Muslim groups are dutifully condemning the attack — despite the fact that ISIL is a vicious offshoot of Islam, and in no way synonymous with a religion of 1.6 billion people. Too much emphasis on such remarks reeks of Islamophobia.

Painting your Facebook profile photo red, white and blue may seem an obvious move. But some will note that the more routine terrorist attacks outside the West don't get the same social media play, and others will argue that the root causes of violent extremism in the Middle East were not birthed in isolation.

On Sunday morning, CBC host Michael Enright asked Nancy Houston if, in the spirit of slogans coined after 9/11 and the Charlie Hebdo attack, we are all Parisians?

"I don't know who your 'we' is, Michael, I'm afraid," she responded. Her point: There is no global "we."

That doesn't mean we — Canadians — shouldn't attend memorials, or condemn the violence, or push for public debate about what to do after this last wave of terrorism. I only mean to say we should tread carefully.

metro
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John Cruickshank

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Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR CALGARY
Darren Krause

ADVERTISER INQUIRIES
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Six steps to building a financial plan

If you're like most people, you probably know you should have a financial plan, even if you haven't actually developed one yet.

Don't worry, says Lee Bennett, Senior Vice President, TD Wealth Financial Planning, it's never too late – or too early — to start. "A financial plan isn't just to help you save for retirement," says Bennett. "Whether it's paying off a student loan, buying a car or a home, starting a family, or even travelling, everyone, at every stage of life, has goals that a financial plan can help them achieve."

Bennett offers the following tips on how to help you get from where you are today to where you want to be in the future:

1. Think about your goals and objectives
Knowing where you want to go is the foundation of a sound financial plan and will help you decide which route to take.

2. Gather the data
A financial planner can help you assess where you are now and what financial resources you already have.

3. Do the analysis
This step will help you identify the right solutions for your particular journey. A financial planner can assist you in reviewing your specific situation and help you choose from the many options that are available.

4. Develop a strategy
This is your action plan of what you need to do to achieve your financial goals. Working with a financial planner can help ensure that your plan is realistic and achievable.

5. Put it into practice
A financial plan is only helpful if you put its recommendations into action.

6. Follow up and review
Just as your life changes over time — a new job, a family, a home — your financial goals can change, too, so it's important to meet with your financial planner and regularly review your plan to make sure it stays relevant to your particular needs.

Knowing how to start can sometimes be the biggest challenge. A financial planner is a great source of knowledge and can help you get on track to achieving your goals of today and tomorrow.

Savvy Saver Quiz:

Are my finances on track?

Whether you're a recent graduate, mid-career, or getting ready for retirement, every life stage requires financial planning. Not sure where to start? **Check out TD's Savvy Saver quiz** to help figure out where you are and where you need to be. Here are a few questions to get you started …

Expenses & finances

What does your emergency fund look like?

a. Emergency what?

b. I'm just getting started but have some money set aside.

c. In decent shape – I've got three months' salary stashed away

d. I've got more than enough to pay my bills, save for the future and still manage to have some fun.

Leisure

What does your entertainment spending look like?

a. I'm living paycheque-to-paycheque because of my entertainment spending.

b. I sometimes go overboard with my entertainment spending.

c. A portion of my budget is set aside for fun – dinners out, the occasional movie or show.

d. I have enough money to do what I want, when I want and my wallet never loses any sleep over it.

Long-term investments

What types of investments do you currently have?

a. Investments?

b. I recently opened a Tax-Free Savings Account (TFSA)/ an RSP and I'm thinking about getting other investments, too.

c. I make regular contributions to my TFSA and RSP and/or hold shares/other investments.

d. I have a solid, diverse portfolio to which I make healthy contributions every month.

Interested in getting more of a pulse check on your progress? Take the full quiz at **metronews.ca/tdsavvysaver**.

metro LIFE
Your essential daily news

CBS shelves Supergirl and NCIS episodes due to deadly Paris attacks

ILLUSTRATION: DAVID VAN DYKE/METRO; BELOW IMAGE: HANDOUT

The Games will go on

Mockingjay Part 2 opens this week — now that the franchise has reached its final act, Hunger Games fans will be searching for ways to get their Panem fix. Director Francis Lawrence has said he isn't opposed to spinoffs, and tributes will surely find creative ways to keep immersed in Katniss's world. We imagine five ways the Games will go on.

TRIBUTES

The Bar

A Harry Potter-themed bar called The Lockhart recently opened in Toronto, featuring "potions & elixirs" that allude to characters and a decor that pulls from inscriptions in the book. In our ideal Hunger Games-themed bar, the references would be much more overt. It would, of course, be called Tributes. Local city bylaws prevent weaponry from being in such close proximity to alcohol, so instead of a crossbow range on the patio we would settle on a dartboard where the bull's-eye would be President Snow's face.

The house drink — "Haymitch's pick" — is the Tracker Jacker, where the key poison is fennel-infused absinthium wormwood. Everything on this menu, called Grill on Fire, is flambé: squirrel, venison, turkey. Each order comes with a complimentary basket of bread from Mellark's, the bakery down the street, made by the baker's hot, ashy-blond-haired son. MELITA KUBURAS/METRO

CRESSIDA AND POLLUX

The Storyline

With the vague possibility that the series could be extended, Metro proposes three options (spoiler alert for discussion of plot points in Mockingjay Part 2):

Prequel: A President Snow origin story
There's so much we don't know about the origins of the man who rules Panem. How did Coriolanus Snow become its ruthless leader? What motivates his cruelty? What's with the poison and why white roses to mask his bloody breath?

Sequel: The rebuilding of Panem
A new president is in place following an emergency election. How will he or she direct the nation and districts? A political drama full of backstabbing and skullduggery a la House of Cards could be a nice change from the constant battle scenes of the first four films.

TV Series — Behind the scenes with Cressida and Pollux
The rebellion's resident filmmakers have moved on from war coverage to documenting the rebuilding efforts of Panem. They travel from district to district collecting and sharing the stories of the people of Panem.
LIZ BROWN/METRO

PANEMONIUM

The Band

Consider The Flux Capacitors, a SoCal ensemble that bills itself as "the only official Back to the Future-themed '80s band." The group performs '80s hits decked out as Marty, Doc, Biff and the like, and even brings a DeLorean replica to shows.

So what would a Hunger Games tribute band be named? Panemoninum is an obvious choice if we're going in a punk direction, but we also like The Jabberjays for a hip-hop crew, or Peeta Burnt the Bread for the shoegazing crowd. Katniss as the frontwoman is a given. We also see Johanna shredding it on her axe/guitar and Finnick wielding a trident-shaped bass.

There's no shortage of songs about stickin' it to the man to choose from: Fight the Power, Killing in the Name (natch), The Times They Are A-Changin'. Any encore would have to include a haunting rendition of The Hanging Tree, followed by the anti-establishment anthem Tubthumping. Those Panem rebels, they get knocked down, but they get up again.
EVA LAM/METRO

BUTTERCUP CAFÉ

The Theme Park

As if following the adventures of Katniss Everdeen didn't come with enough ups and downs, fans will soon be able to take a real-life roller-coaster ride inspired by her train trip to the Capitol, and a simulated hovercraft tour of the Panem nation. Hunger Games theme park projects are planned in Dubai, China and the U.S. A recreation of District 12 complete with costumed characters is in the works for the complex in Dubai, but here's what Metro would add to the mix:

- A midway-style Whac-a-Mutt game.
- A cat café in honour of Buttercup, the cat Katniss loves to hate.
- Katniss vs. Everybody tees.
- Effie Trinket's fabulous fake eyelashes as souvenirs.

HENRIETTA WALMARK/METRO

STANDARD ISSUE WEAR

The Style

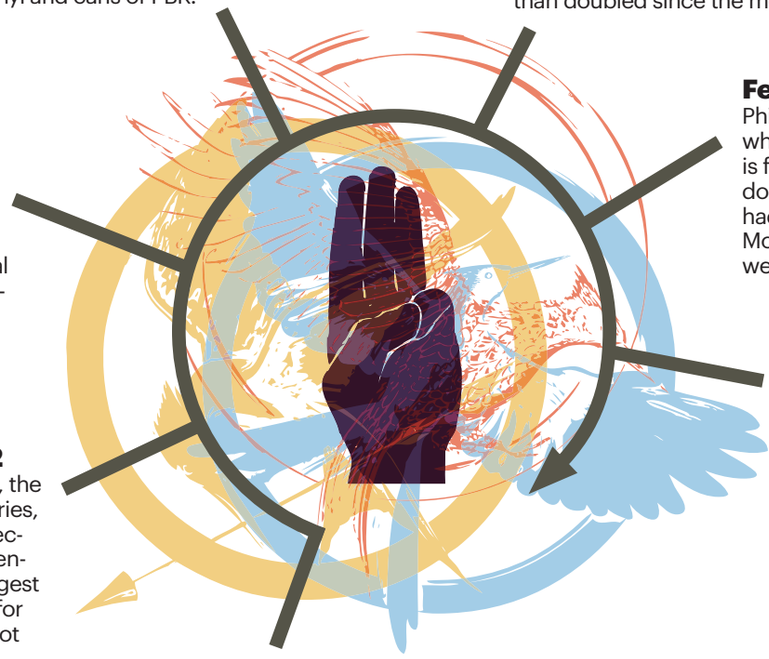
In 2013, luxury e-retailer Net-A-Porter teamed up with Trish Summerville, costume designer for Hunger Games Catching Fire, on a capsule collection based on the film. The Capitol Couture line featured adaptations of designs that appeared in the movie including a laser-cut leather dress for $995 US inspired by Katniss Everdeen's chariot outfit. But aspiring to dress like the ruling class is rather crass. If you're with the revolution, your clothing should transcend rank.

Metro proposes a District 13 diffusion line of unisex standard issue wear that doesn't oppress its maker or its wearer. Locally made using sustainable fabrics and production methods, these classic designs would be the base of any egalitarian's wardrobe. Wearing a daily uniform doesn't have to be stifling, as many creatives and innovators have discovered (see: Sofia Coppola, Karl Lagerfeld, Steve Jobs). It frees up mental energy for other pursuits.
NICHOLE JANKOWSKI/METRO

TIMELINE THE HUNGER GAMES ENTERS POP CULTURE

April 2012
"Based on the obscure novel you've probably never heard of," The Hunger Games parody the Hipster Games is released on YouTube. In the short video, participants compete by fighting over rare vinyl and cans of PBR.

Nov. 27, 2013
NPR reports that the shooting range at Archery in the Wild in northern Colorado, once the playground of hunters and men in camouflage, is now dominated by girls. CEO of USA Archery tells the news organization that membership in their group has more than doubled since the movies came out.



March 30, 2012
Original release date for The Hunger Games in Vietnam, but it was deemed too violent by the Vietnamese National Film Board, which ultimately banned the film.

Feb. 2, 2014
Philip Seymour Hoffman, the actor who portrays Plutarch Heavensbee, is found dead after a heroin overdose. At the time of his death, he had completed The Hunger Games: Mockingjay — Part 1, and had a week left of shooting for Part 2.

March 23, 2012
The Hunger Games, the first movie in the series, is released. It sets records for biggest opening day and the biggest opening weekend (for a non-sequel film, not released during the summer or holidays).

July 31, 2015
After years of thinkpieces exploring whether the popular series is an indictment of the left, the right, reality TV or the 1 per cent, a celebration of the individual, the collective or feminism, The Politics of the Hunger Games by author Jamey Heit is released. The debate, however, rages on.

EMINA GAMULIN/METRO

Feb. 28, 2012
Before the movie is even officially released, Tumblr blog Hunger Games Tweets is created to draw attention to racist tweets by people complaining about characters like Rue and Thresh being portrayed by black actors. This despite the fact that series creator Suzanne Collins specifically described the characters of having dark skin.

Gale vs. Peeta

It's the ultimate debate for Hunger Games fans. Who should Katniss choose?

LIZ BROWN/METRO

Gale Hawthorne

Pros:
- Gale and Katniss have plenty in common: hunting, the great outdoors, and knowing what it's like to almost starve to death.
- If Panem were a bit more peaceful he'd be the football star, the prom king. He's the hot guy you want to show off to your friends.
- He's solid and stoic — he hunts for his family and comforts Prim as Katniss takes her place in the reaping.

Cons:
- He's a 'the-ends-justify-the-means' kind of guy, which isn't the best thing if you're prone to empathy.
- Much like Katniss, he's full of anger and vengeance — and two firecrackers is nothing but trouble in a relationship.

Peeta Mellark

Pros:
- He's the baker's son — plenty of carbs any time you like — as Katniss learns, that's a good thing when you're almost starving to death.
- He's kind and generous, risking his life to protect the people he loves.
- He's an artist and in times of peace his esthetic would come in handy for decorating a nice home in District 12.

Cons:
- Short and non-athletic — he's dead weight when it comes to hunting and death battles.
- The brainwashing and attempts to kill Katniss are romance killers.

CONCLUSION
Neither guy is worthy of a woman like Katniss. She should strike out on her own.

ART APES LIFE

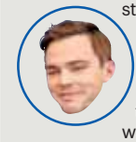
How Jennifer Lawrence is Katniss Everdeen

She came from humble beginnings, the spotlight thrust upon her despite her obvious discomfort, and she went on to inspire a nation. Are we talking about Katniss Everdeen, Jennifer Lawrence's Hunger Games character, or Lawrence herself? How about both?

The parallels are eerie if you look closely enough. Lawrence first came to the public's attention in the critically acclaimed Sundance darling Winter's Bone, which saw her scrounging around Appalachia, hunting and skinning squirrels and risking life and limb to provide for her younger siblings. It was basically the first act of the first Hunger Games movie, minus all the totalitarianism.

We thrilled with each new, elaborate red carpet gown; marvelled at every acting triumph. We agonized over each death-defying pratfall before the cameras — until we realized her natural clumsiness was her greatest weapon. This girl really was on fire.

She even found herself in a real, honest-to-Panem love triangle, her heart torn between lanky, British X-Men: First Class co-star Nicholas Hoult (shown left) and her first true love — working in awesome movies. Try as she might to make it work with Hoult, her thoughts were clearly elsewhere. If there wasn't an X-Men movie actually in active production, she couldn't make things work with Hoult. They'll always have Montreal, though.



As her work brought her more and more into contact with the Capitol — or, you know, Hollywood — she courted more danger, more scrutiny, more creepy older men — like Chris Martin (shown right) — pawing at her. But through it all she kept her chin up, secure in her folksy dignity.

Now that the Hunger Games series is done, Katniss is free to pursue a happy, quiet life away from the spotlight. But when will Lawrence be able to do the same? Hasn't she suffered enough, David O. Russell?

NED EHRBAR/METRO HOLLYWOOD

GOSSIP BRIEFS

Selena Gomez selling mansion

Apparently Calabasas — the arid suburb 45 minutes north of Los Angeles — is falling out of favour with the pop stars of the world.

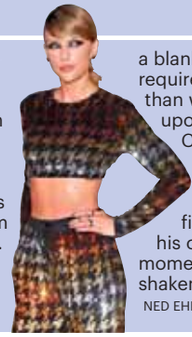
The area first rose to prominence when Britney Spears and Jessica Simpson moved into mega-mansions there, but you probably recognize it from Justin Bieber's egg-throwing days.

Beiber doesn't live there anymore, and pretty soon neither will ex-girlfriend Selena Gomez, who is ditching her 7,700-square-foot, six-bedroom, seven-bath mansion, according to E! News. And it can be yours if you're ready to pony up $4.5 million.

I wonder if the prices have gone up because of all the celebrities moving out. NED EHRBAR/METRO HOLLYWOOD

A most Swift court ruling

There are few things I love more than people who know how to have a little fun with their day jobs, and the judge who had to humour Jessie Braham's lawsuit against Taylor Swift over claims she ripped Shake it Off from him is a shining example. She dismissed the case in style, quoting several Swift hits in the process: "At present, the Court is not saying that Braham can never, ever, ever get his case back in court. But, for now, we have got problems, and the Court is not sure Braham can solve them. As currently drafted, the Complaint has a blank space — one that requires Braham to do more than write his name. And, upon consideration of the Court's explanation ... Braham may discover that mere pleading Band-Aids will not fix the bullet holes in his case. At least for the moment, Defendants have shaken off this lawsuit."



NED EHRBAR/METRO HOLLYWOOD

KIDS' MOVIE

Mansbridge plays a news-reading moose

Zootopia opens in theatres on March 4, 2016. HANDOUT

Disney's animated feature Zootopia will feature a uniquely Canadian character voiced by Peter Mansbridge.

The character of Peter Moosebridge is a moose and co-anchor of the ZTV News, a trusted source of information for the inhabitants of Zootopia.

Disney says the character was specifically written with Canada in mind and was intended to be voiced by a Canadian.

The studio reached out to Mansbridge, who says he immediately accepted the cameo.

The comedy-action adventure is about a city where animals from every environment live together. The story centres on a rookie bunny police officer, voiced by Ginnifer Goodwin, who must partner with a fast-talking scam-artist fox, voiced by Jason Bateman, to solve a mystery.

"Not surprisingly, Peter was a natural and we think audiences will delight in seeing Canada represented in Peter Moosebridge," marketing boss Greg Mason said Friday in a release.

Appearing at a Disney preview event in Toronto, Mansbridge said, "I leapt at the chance and the CBC did too.... I didn't want to do it for me, I wanted to do it really for my kids and grandkids," he said, noting this has impressed his grandkids more than any anecdotes about meeting world leaders. THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Why did everybody stop watching True Detective?

TV DRAMA

If you stick with it, the series' second season pays off

TRUE DETECTIVE: SEASON TWO, EPISODE FOUR (HBO CANADA)

Three of the four main characters — cops in various stages of burnt-out played by Rachel McAdams, Colin Farrell and Taylor Kitsch — get into a shootout with some very determined drug dealers.

For ten minutes, the action escalates: A sniper picks off cops, cops return fire, a meth lab explodes, a bus crashes, innocent bystanders die. A brilliant tracking shot follows McAdams as she runs through a factory, gun brandished. (The director is Jeremy Podeswa, the Canadian filmmaker.)

Not only is it taut, it's plausible, and you always know where you are in time and space — which, in our era of hyper-quick cuts, is rare. Plus, character is revealed: who's reckless, who cowers.

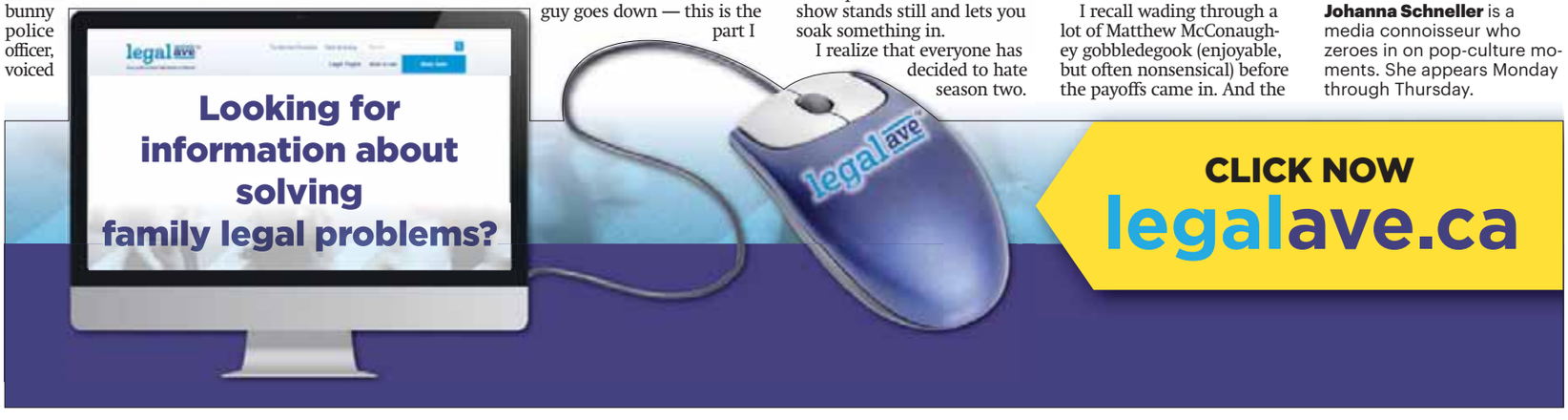
Then, when the last bad guy goes down — this is the part I love best — the show pauses to let our heroes double over, panting and swearing, and absorb the carnage. For a full minute. I'd never seen that done quite so well, where a show stands still and lets you soak something in.

Although the show is in love with its moodiness, the action ramps up in episode four of True Detective's second season. HANDOUT

I realize that everyone has decided to hate season two. I see what people complain about — it's a slow unfolding, a bit too in love with its moodiness. But I don't find it that different from season one.

I recall wading through a lot of Matthew McConaughey gobbledegook (enjoyable, but often nonsensical) before the payoffs came in. And the payoff in this episode is a jaw-dropper. Because it's the series midpoint, it made me re-evaluate everything that came before. It earned my respect.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



‘Keeping up’ is a senseless concern

The Kardashians may look like they have it all, but we don’t know what goes on when the cameras aren’t rolling. ARTUR HARUTYUNYAN/AP PHOTO, PAN PHOTO

PERSONAL FINANCE

Peer pressure can push some to spend cash irresponsibly

Gail Vaz-Oxlade
For Metro Canada

I am astounded at the progress we have not made when it comes to living our lives authentically.

Oh we talk about it. And read about it. And talk about it some more. But the reality is that we’re worse than ever.

We’ve gone from keeping up with the Joneses (the guys next door) to Keeping Up With The Kardashians, which is a much more expensive proposition.

And we’ve allowed house porn to juice us into buying more than we can afford so we can have what “they” have.

We like to think of peer pressure as something our teenagers experience and must learn to manage. The phenomenon is called “imaginary audience.” Those poor sods are convinced the world is judging them and they spend inordinate amounts of time primping and preening.

They so need to fit in, so they’ll bend over backwards to the pressure, perceived or real, that they feel.

I’m sure you know more than a few people — no, I’m not talking about teenagers — who are obsessed with impressing others to the point that they’ll blow the equivalent of a week’s income on a pair of shoes, which turn out to be damn uncomfortable to wear.

Or they’re so determined to be “that guy,” they’ll offer to pay for everyone’s meal only to then have to carry a balance or hit up Mommy and Daddy for rent money.

Or they line up for hours (or days) to buy that new piece of technology because buying it three weeks later when you can just waltz into the store is just so not cool.

Social media seems to add to the problem. If everyone you know is Facebook Happy you might wonder why your life seems so ho-hum. Maybe you need to take in a concert or three, hop on down to The Big Apple for a weekend or renovate so you have something to brag about.

Never mind that posting fabulous pictures to show that you, too, have a great life means you’ll forgo saving anything for the future. Hey, the future is a long way off, right?

“Keeping up” has moved from keeping stride with those people with whom we directly interact to keeping abreast of a world of people we hardly ever see or may not even know personally. If you think other people are doing way better than you are, and wonder why you can’t have what they seem to enjoy, know that Facebook Happy is an illusion.

SOCIAL MEDIA
Facebook and Instagram can make other people’s lives the envy of your own. Remember this: Facebook Happy is an illusion.

While you may be able to see the results of conspicuous consumption, what you can’t see is the debt-rot in the background of those glamorous selfies.

Learning how to balance your money and your life is an important part of growing up. Recognizing that there are things more important than “how things look” is a major step in shifting from the superficial to the substantial.

How you choose to use your money is about choice and about understanding that there’s more to your life than meets the eye.

For more money advice, visit Gail’s website at gailvazoxlade.com

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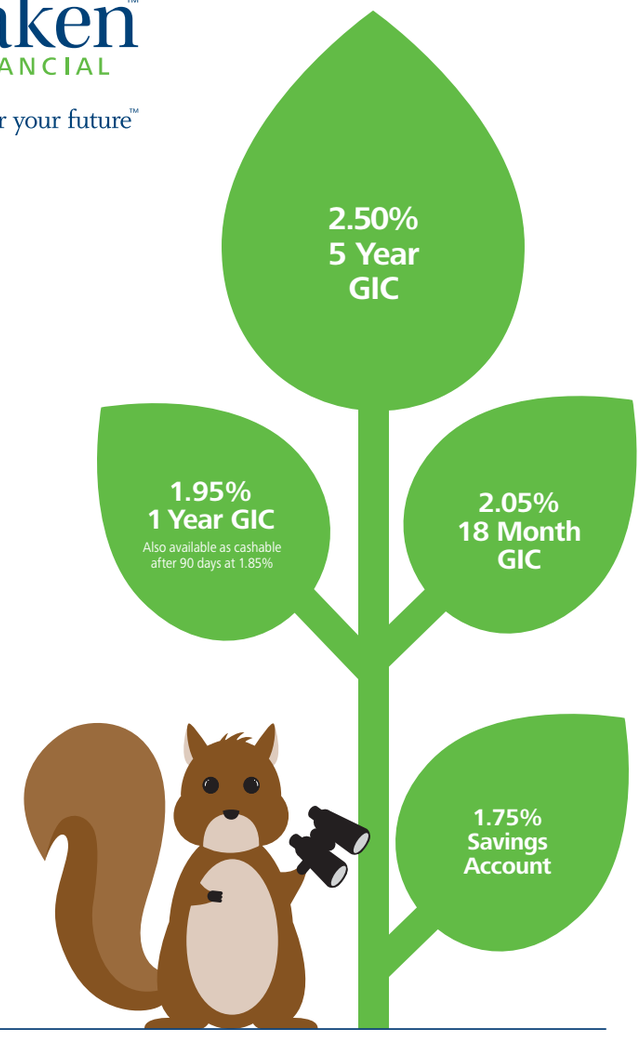

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Where will the white deer go?

White bucks can be seen at the former Seneca Army Depot. There are about 200 white deer, a natural variant of the brown white-tailed deer, on the site. DENNIS MONEY/SENECA WHITE DEER INC

HABITAT

Future of rare deer uncertain as munitions bunker for sale

Hundreds of ghostly white deer roaming among overgrown munitions bunkers at a sprawling former Army weapons depot face an uncertain future after living and breeding largely undisturbed since the middle of last century.

The white deer — a genetic quirk that developed naturally on the 7,000-acre, fenced-in expanse — have thrived, even as the in Seneca County, N.Y. depot itself has transitioned from one of the most important Cold War storehouses of bombs and ammunition to a decommissioned relic.

Now, as local officials seek to put the old Seneca Army Depot up for bids next month, there is concern that the sale could also mean the end of the line for the unusual white deer.

A group of residents dedicated to saving the animals has proposed turning the old depot into a world-class tourist attraction to show off both its rich military history and its unusual wildlife.

The Nature Conservancy also is looking at options for preserving the largely undeveloped landscape.

"When we ran bus tours on a limited basis between 2006 and 2012, we had people come from all over the United States to see the deer," said Dennis Money of Seneca White Deer Inc. "People are enchanted by them."

The white deer owe their continued existence to 24 miles of rusting chain-link perimeter fencing that went up when the depot was built in 1941, capturing several dozen wild white-tailed deer in the area's extensive woodlands.

The white deer are natural genetic variants of the normal brown ones. They're not albinos, which lack all pigment, but are leucistic, lacking pigment only in their fur. In the wild, white deer are short-lived, being easy targets for predators and hunters looking for a unique trophy.

Small herds of white fallow deer roam protected sites in Ireland and on the campus of the Argonne National Laboratory in Illinois, but the Seneca Army Depot has the largest known population of white white-tailed deer, Money said.

With protection from the Army and its fence, the Seneca white deer have grown to an estimated 200. If buyers take down the fence, the white deer aren't expected to last long.

Bob Aronson, executive director of the Seneca County Industrial Development Agency, said his goal is to sell the whole parcel by the end of the year to one or several buyers.

All offers will be considered, he said, noting that the greatest interest has been from farmers who would graze cattle and grow crops.

Seneca White Deer has launched a fundraising drive in hopes of buying at least 2,000 to 3,000 acres (800 to 1,200 hectares), if not the whole site, for a tourist attraction and wildlife preserve, Money said.

Jim Howe, director of The Nature Conservancy's regional chapter, said the preservation group is conferring with several groups about protecting the former depot's wildlife habitat while opening it for recreation, tourism and sustainable economic development.

THE ASSOCIATED PRESS

We had people come from all over the United States to see the deer... People are enchanted by them.

Dennis Money of Seneca White Deer Inc. bussed in tourists to see the deer from 2006 to 2012

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SAIT POLYTECHNIC

DESTINATION

Tourist attraction

For now, the white deer, and about 600 brown ones, roam woods and fields surrounding overgrown weapons storage bunkers, cracked roads and rusted railroad tracks. In the bright sunshine of midday, small groups of deer can be glimpsed in mowed lanes and clearings maintained by the Army. But early morning and evening are the best time to see them, and cars pull over along bordering public highways as people stop to watch. Visitors aren't allowed inside the fence.

"They're a huge tourist attraction," said Lisette Wilson, who runs a farm store and bakery with her husband across the highway from the depot fence. "People are astonished. It's quite the spectacle for them." The store's most popular product is "White Deer Poop," a confection made of white chocolate, almonds and cranberries, she said.

The depot, completed a month before the Japanese attacked Pearl Harbor, provided for the ordnance storage needs of the nation for 60 years. It covered an area larger than the city of Syracuse, 40 miles (64 kilometres) to the northeast, and stored bombs and ammunition in 500 steel-and-concrete bunkers called igloos.

The Army Corps of Engineers has maintained the site during environmental cleanup operations since the depot closed in 2000. The Army plans to finish cleanup work by the end of next year, leaving the land and its deer under the care of new owners.

THE ASSOCIATED PRESS

When testing your marketing strategy, Gabriel Weinberg suggests you consider how many customers your plan will attract, and the cost of getting one customer. HANDOUT

Tech entrepreneur shares secrets to startup success

MARKETING

Focus efforts on traction, says founder of DuckDuckGo

> **Startups should be spending half their time getting traction.**
> Gabriel Weinberg

Creating a successful startup requires a lot: a great idea and an innovative product, of course, but also an insane work ethic, a willingness to take risks and the ability to think on your feet. But all those assets won't account for much if you don't have traction.

"Traction is evidence of customer demand, and if you don't have it your company dies," explains Gabriel Weinberg, an entrepreneur and co-author of Traction: How Any Startup Can Achieve Explosive Customer Growth. "You need to have customers who are deeply engaged with the product."

Weinberg has launched two technology companies: Opobox, which he sold for $10 million in 2006, and current project DuckDuckGo a non-tracking search engine that has increased traffic 600 percent since the NSA revelations broke. And he says most self-starters — himself included — don't think about traction early enough, if at all.

"Startups should be spending half their time getting traction," he says. "If you spend less than that, it's really not top of mind and you won't come up with creative solutions — and you need creative marketing solutions for a start-up to work."

So how do you grow your audience, get people to clamor for your product and launch a successful business? We asked Weinberg for his tips.

Don't wait till you have a perfect product to share it

"What generally happens is people have a good idea for a startup, and they kind of sit in their bunker, producing (the perfect) product," says Weinberg. In reality, you aren't going to know what needs fixing until you get fresh eyes on the product. "And the only way to do that is to start trying to get traction right from the beginning."

Create a "traction" goal

Weinberg says startups need to determine some kind of "traction goal," which is usually one of three things: how much traction you need to raise money from investors, how much traction you need to be profitable or make a certain amount of money, or how much traction you need to prove to yourself and your team that this is something you want to work on for a while. "And that should be a hard number you can identify," he adds. "Ten thousand customers, or a hundred customers, depending on your business."

Test, test, test

So how exactly does one get to this number? Every business is different, so while search-engine optimization (making your website show up for key search results) might work for one startup, another company might do better focusing on viral marketing (getting your customers to refer others) or going to trade shows or speaking engagements. "Most people have no idea how to reach the market. So you have to test different channels to find the bullseye — that one channel that's going to get you to grow," says Weinberg. "Figure out the three best, and run a month-long test to see which get you the best results."

And once you determine that, keep testing.

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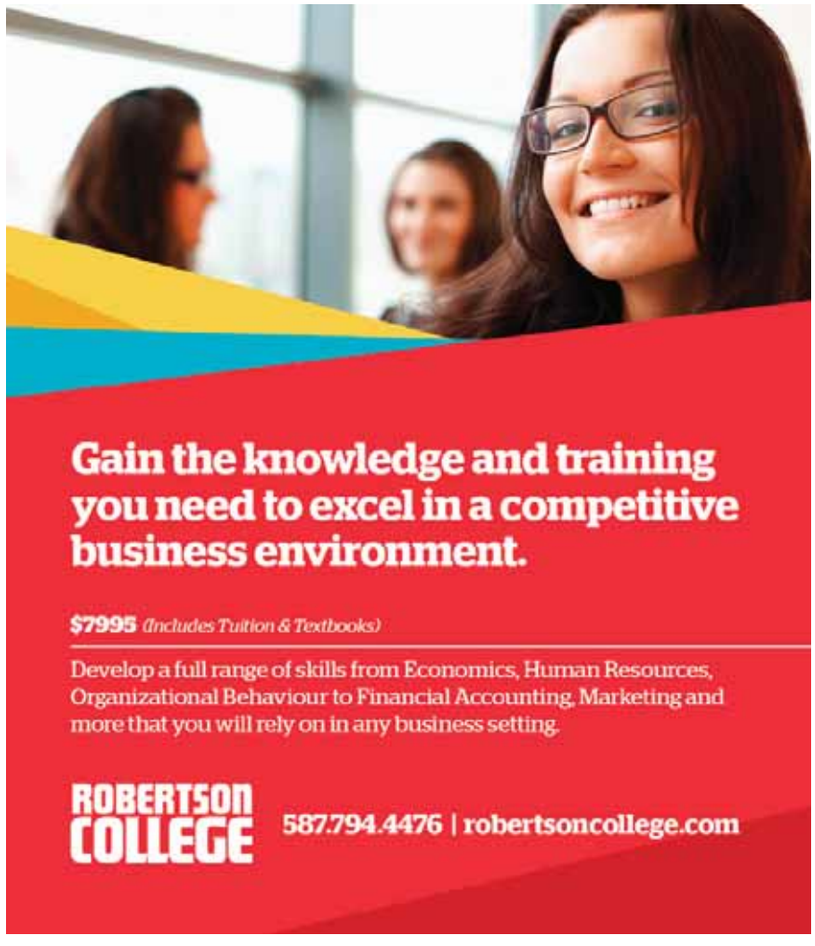
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STUDY

Kids can self-monitor eating but bossing overrides it

Genetics, poverty and limited access to healthy foods have long been known to affect a child's risk of obesity. But a new study suggests parenting style could have an impact, too.

The Canadian study suggests a link between parenting style and obesity risk in kids, with certain styles upping the risk. The research, published in Preventive Medicine, is based on a Statistics Canada national survey of more than 37,000 Canadian youth from 1994 to 2008.

The study uses a decades-old framework for parenting styles, which divides them into four main groups:

Authoritarian: Parents who are demanding but not responsive.

Authoritative: Parents who are demanding but responsive to their children.

Permissive: Parents who are responsive but not demanding.

Negligent: Parents who are neither responsive nor demanding.

Your parenting style might be causing your child's obesity

ISTOCK

The results showed that, for the population as a whole, preschool and school-aged kids with "authoritarian" parents were between 35 and 41 per cent more likely to be obese than those with "authoritative" parents.

"Kids are kind of born with this innate ability to self-monitor their eating, though there are always extremes like Halloween," said Lisa Kakinami.

She is the study's lead author and an assistant professor in Concordia's Department of Mathematics and Statistics in collaboration with the PERFORM (that stands for prevention, evaluation, rehabilitation and "form"ation) Centre.

But an "authoritarian" parenting style can override that instinctive self-monitoring, she said. "If you tell your child to always finish what's on their plate, you're teaching them to override their own signals of feeling full."

Geoff Ball, an associate professor in the University of Alberta's department of pediatrics, stressed that a weakness of the study is its reliance on parental-reporting. He explained parents might not be the best gauge of their children's weight and height as compared to outside, unbiased measurements.

On the flip side, the large, nation-wide sample size does offer a solid look at how Canadian parents are raising their kids, he added.

"One of the take-home messages is the parenting style that's less associated with obesity is one referred to as 'authoritative,'" Ball said. "Parents are responsive to their children's hunger and their cues, not ignoring them."

That means providing the food, and letting kids decide when — and how much — to eat, he said.

"We've all seen that situation where kids can't leave the dinner table until they finish their broccoli, and it's a stalemate. That's not a healthy way for food to be enjoyed."

That doesn't mean parents should bow to their children's whims, of course, since that might involve some less-than-healthy choices. "But encourage them to start with healthy items, so if they get full, they've at least eaten their vegetables," Kakinami said.

Alongside the link between obesity risk and parenting style, Kakinami said a second key finding from the research was a link to the household's poverty level.

Among children living in poverty — as in, those living below the Statistics Canada low-income cut-offs — the risk of being obese was 20 per cent greater compared with the risk for kids not living in poverty, regardless of the parenting style used.

But for kids in higher-income families, certain parenting styles made a clear impact on their obesity risk. "Authoritarian" parenting was associated with a 44 per cent higher risk, while "negligent" parenting was associated with a 26 per cent increase.

The findings come at a time when 31 per cent of Canadian children from ages 5 to 17 (or 1.6 million kids) are overweight or obese, according to a Statistics Canada survey from 2009 to 2011.

44%

The risk of childhood obesity increases by 44 per cent among higher-income families who practise "authoritarian"-style parenting.

Dr. Katherine Morrison, associate professor in the department of pediatrics at McMaster University, said this research is an important piece of the discussion about preventing obesity for both parents and clinicians.

"When we're treating families that have these challenges, it's also important for us to think about how families parent," she said.

The self-reporting aspect is another weakness, Morrison said, since parents were gauging their own parenting styles.

While Kakinami acknowledged the study's limitations, including that parenting styles can change over time, she said it presents a "stepping stone" for further research into how parents contribute to their children's obesity risk.

"Family dynamics are important to a child's health," she said.

TORSTAR NEWS SERVICE

American Brittany Bowe broke Cindy Klassen's world record in the 1,500 metres en route to gold at the long-track speedskating World Cup

Stamps put down Lions

CFL PLAYOFFS

Defending champs face Eskimos in division final

WEST SEMIFINAL

35	9

The Calgary Stampeders stayed in the hunt for a second straight Grey Cup with a 35-9 win over the B.C. Lions in Sunday's division semifinal.

The defending champions travel north to Edmonton to meet the Eskimos next Sunday in the CFL's West Division final. The winner books a berth in this year's Grey Cup in Winnipeg.

The provincial rivals tied for the best record in the CFL this season at 14-4, but Edmonton won their season series and thus the playoff bye.

"I think it's going to be a whale of ball game," Stampeder head coach John Hufnagel said.

> **"It was incredible how field position, we could never get out of a hole."**
> Lions head coach Jeff Tedford

The Stampeders will play their seventh division final in eight seasons since Hufnagel became coach and general manager in 2008. He will step aside from coaching next season to make way for offensive co-ordinator Dave Dickenson and continue as GM.

So Sunday's playoff game was Hufnagel's last at McMahon Stadium on the Stampeder sidelines.

"We won and that's a good thing," Hufnagel said. "I'm very pleased we won the football game, that we can move on and try to earn the right to get to the Grey Cup."

Stampeders quarterback Bo Levi Mitchell improved to a career 3-0 in CFL playoff starts. The West's nominee for the league's Most Outstanding Player award completed 15 of 24 pass attempts for 199 yards and threw a pair of touchdown passes to Eric Rogers.

Running back Jerome Messam ran for a touchdown and posted a combined 147 yards rushing and receiving. Defensive end Keon Raymond ran an interception in for a major in the opening quarter.

Travis Lulay relieved starting quarterback Jonathon Jennings just before halftime when Jennings suffered broken collarbone. It was Lulay's first game action since spraining his knee Sept. 3 in Montreal. He was 10-for-19 in passing for 119 yards.

"I think the key was field position," Lions head coach Jeff Tedford said. "I don't know how many times we started inside our 15-yard line." THE CANADIAN PRESS

The Stampeders' Jerome Messam leaps over Lions defender Bo Lokombo in Calgary on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

Ticats sink Argos with last-second field goal

The Argonauts' Brandon Whitaker gets tackled by the Tiger-Cats' Craig Butler on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Justin Medlock gave the Hamilton Tiger-Cats another shot at the Ottawa Redblacks.

Medlock's 46-yard field goal on the final play earned Hamilton an exciting 25-22 East Division semifinal win over the Toronto Argonauts before a sun-drenched Tim Hortons Field sellout of 24,029. The Tiger-Cats head to Ottawa next weekend in the conference final after suffering two late-season losses to the Redblacks.

Medlock was more than comfortable having Hamilton's season resting on his shoulders.

"(On Sunday night) I was thinking I wanted the game to come down to me," he said. "As soon as we got past centre field I was like, 'Let's kick.'

EAST SEMIFINAL

25	22

"I knew (the kick was good) as soon as I hit it."

Medlock nearly re-wrote the CFL record book in the first half. His 55-yard field goal to open the scoring was one yard short of the league playoff record.

Medlock's heroics came after Toronto's Swayze Waters hit a 42-yard field goal with 49 seconds left to make it 22-22.

Starting his first CFL playoff game, Hamilton quarterback Jeremiah Masoli finished 12 of 18 passing for 141 yards with a TD and interception.

THE CANADIAN PRESS

IN BRIEF

Gushue makes up for fall by winning the National

Two weeks after his frightening fall, Brad Gushue has rebounded to win the National.

The skip from St. John's, N.L., beat Winnipeg's Reid Carruthers 7-2 in Sunday's final of the Grand Slam of Curling event.

Gushue was back on the ice this week for this first time since suffering a head injury from a fall last month. The 2006 Olympic champion needed seven stitches to close a gash above his right eye after he fell Oct. 31 at The Masters in Truro, N.S.

In the women's final, Ottawa's Rachel Homan edged Tracy Fleury of Sudbury, Ont., 5-4 to win her second straight Grand Slam of Curling tournament after claiming the Masters two weeks ago. THE CANADIAN PRESS

Pats remain undefeated

Stephen Gostkowski's 54-yard field goal with one second remaining Sunday kept the New England Patriots unbeaten with a 27-26 victory over the New York Giants in East Rutherford, N.J.

After Josh Brown made his fourth field goal of the game with 1:47 remaining, Tom Brady drove the Patriots (9-0) 44 yards, converting a fourth-and-10 on the series.

The Carolina Panthers also remained undefeated at 9-0 with a 27-10 victory over the Tennessee Titans.

The Cincinnati Bengals, 8-0, put their undefeated mark on the line Monday night against the Houston Texans. THE ASSOCIATED PRESS

Djokovic continues his roll at ATP finals

Novak Djokovic stretched his winning streak to 15 straight at the ATP finals by beating Kei Nishikori 6-1, 6-1 Sunday.

The top-ranked Serb has not lost at the season-ending tournament at the O2 Arena since 2011. He has won three straight titles since then.

Djokovic lost only nine points on his serve and never faced a break point. With Nishikori serving, Djokovic won 30 of the 53 points played.

THE ASSOCIATED PRESS

Flames can't maintain it

NHL

Calgary falls to Blackhawks after upset win over Capitals

Patrick Kane scored and had an assist in Chicago's quick three-goal outburst in the second period, and the Blackhawks beat the Calgary Flames 4-1 Sunday night — two nights after the Flames won just their sixth game of the season, in Washington.

Rookie Artemi Panarin and Marian Hossa also scored in the Blackhawks' 1:55 blitz in the second to help lift Chicago to its second win in two nights and third win its last four contests.

Jonathan Toews added an empty-netter with 37.4 seconds left.

SUNDAY in Chicago

4	1
'HAWKS	FLAMES

Kane, who took over the NHL lead in goals (13) and points (28) has scored a goal in seven consecutive games and a point in 13 straight.

He has 10 goals and 12 assists during his run to the top of the NHL scoring list.

Chicago's backup goaltender, Scott Darling, made 25 saves in his fourth start of the season.

David Jones scored for Calgary, which finished a four-game road trip at 1-3.

On Friday, the Flames won 3-2 in overtime against the Capitals, on Sean Monahan's second goal of the game. THE ASSOCIATED PRESS

Chicago's Ryan Garbutt moves the puck against Calgary's Johnny Gaudreau on Sunday. PAUL BEATY/THE ASSOCIATED PRESS

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UFC

Reality hits Holm for lousy Rousey

Ronda Rousey was the UFC's unstoppable force until Holly Holm used the former champion's aggression against her to produce one of the sport's biggest upsets.

Rousey chased Holm around the ring at UFC 193 on Sunday — looking for the right hold and taking head shots along the way — until Holm saw an opening 59 seconds into the second round and snapped a kick to the head that immediately dropped her more fancied opponent to the canvas.

Holly Holm
THE ASSOCIATED PRESS

Holm (10-0) jumped on the fallen Rousey, delivering several blows to her head before the referee intervened, handing Holm the bantamweight title. An ecstatic Holm jumped around the ring while Rousey stayed on the canvas as she received medical treatment amid the roar of a stunned, record UFC crowd. "She's won a lot of fights and imposed her will on a lot of fighters," Holm said. "So I expected her to be aggressive and impose her will on me.

Rousey, a former judo Olympian, was unbeaten through 12 UFC fights before meeting Holm, and a win would have been her seventh title defence. Instead, Holm, a 34-year-old veteran female boxer from Albuquerque, N.M., has the championship belt. THE ASSOCIATED PRESS

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DAILY WARM UP
Calgary metro

RECIPE Mushroom Cheddar Chowder

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's get the week started with something easy. This creamy bowl of earthy goodness will be on the table in under half an hour.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients
- 1/4 cup unsalted butter
- 1 large shallot, diced
- 3 cloves garlic, diced
- 1 carrot, diced
- 1 lb mushrooms, sliced (we like to use a mix of cremini and portabello)
- 2 cups vegetable stock
- 3 tablespoons spelt flour
- 1 cup milk
- 1 teaspoon salt
- Pinch of pepper
- 1/2 cup grated cheddar cheese for garnish
- 2 tablespoons sour cream or Greek yogurt

Directions
1. In a large pot over medium heat, melt half the butter. Add shallot, garlic and carrot and sauté until crisp-tender. Pour in half the stock and then add the mushrooms, reduce heat and allow to simmer for 15 minutes.
2. In a small saucepan, melt the rest of the butter. Gradually add flour, whisking constantly until smooth. Add milk and bring mixture to a boil, then immediately reduce heat and continue whisking until mixture thickens a bit, about 2 to 3 minutes. Add to soup.
3. Stir in the remaining stock. Season with salt and pepper. Remove pot from heat and, using an immersion blender, blend soup until desired consistency.
4. Ladle into bowls and serve with a helping of grated cheddar, dollop of sour cream or Greek yogurt.

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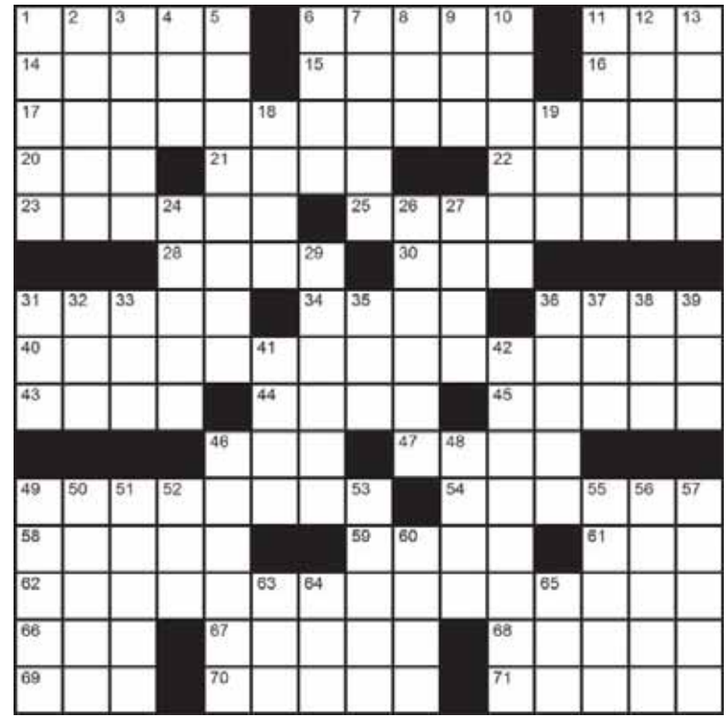
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Rise up
6. Kind of lizard
11. 0 Meridian letters
14. Mr. Hirsch of movies
15. Highest mountain in Canada
16. Philosopher, __-tzu
17. Canadian TV... Anna Olson or Ricardo Larrivee, for example: 3 wds.
20. Cousin of classic TV
21. Type of mineral
22. Oversight
23. Joshes
25. Emphasizes
28. Deep __ bends
30. Popular
31. Army doc
34. Actress Ms. Farmiga
36. Lively circle dance
40. Good Cheer in Acadia... Social club (the oldest in North America) which Samuel de Champlain established in 1606 in the settlement of Port-Royal: 4 mots
43. Million-__ smile
44. Napoleon's exile isle
45. Tests
46. Dodgy
47. Melody
49. Method of keeping the quiet in the library
54. Endeavoured
58. Voyageur's vessel
59. Carbamide
61. '_' __ for Laughter
62. Canadian favourites in a bag of Ruffles: 3 wds.
66. Flower necklace
67. Meal holder
68. Flood embankment
69. Crafty creation
70. Standoffish
71. Antique-style water carriers

DOWN
1. Install anew
2. Theatrically play it up
3. Flora and fauna of a particular region
4. Yore
5. Magistrate's mercifulness
6. __ sax
7. Fashion designer creations
8. Back then
9. Spoil
10. Short sock
11. Lumps of food
12. En __ (All together)
13. Carries
18. Celtic language
19. Owns
24. Christmas tree's base covering
26. Passage from the mouth
27. Horse coat
29. Crabtree & __ (Upscale soaps retailer)
31. Maintain the lawn
32. Time division
33. Joni Mitchell's "Big Yellow Taxi" insecticide
35. Wane in the water
36. Spells caster
37. Granny, in Germany
38. Circling stat.
39. Farm animal
41. Grocery store dept.
42. Squid appendage
46. Mount Everest mountaineer
48. Put-upon
49. La __ (Milan opera house)
50. More healthy
51. Without illumination
52. Lay the turf
53. Zestfulness
55. Shade of green
56. Venomous snake
57. S s sSssS
60. Type of snorkelling site
63. Building wing
64. Brazilian city, with Paulo
65. Use an axe for shaping

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The more others agree with each other the more you will disagree. Are you being perverse for the fun of it or have you subconsciously noticed something that suggests they have got it wrong? Trust your instincts.

Taurus April 21 - May 21
There may seem to be no reason for what happens but there is a purpose. Your task is to discover what it is and make the changes work for you.

Gemini May 22 - June 21
Just because something has always been done a certain way does not mean that it must be done that way. Just because something is trendy or fashionable does not mean it is right. Go your own way.

Cancer June 22 - July 23
If you want a job done well today do it yourself. Don't listen to what the so-called experts tell you because their advice is likely to be misleading. You have enough knowledge and enough know-how to do it yourself.

Leo July 24 - Aug. 23
You will stir up some trouble today by saying things that others just cannot agree with, but that's okay. You are right to call it as you see it but watch your back.

Virgo Aug. 24 - Sept. 23
Anyone who thinks you will back down from a challenging situation does not know you well. You are prepared to battle it out. While you may not win the fight you will win respect.

Libra Sept. 24 - Oct. 23
Something will happen that disrupts your routine but there is no point getting upset. Go with the flow and believe that fate knows what is right. Everything will work out.

Scorpio Oct. 24 - Nov. 22
Sometimes the best way to help others is to leave well alone. Chances are you won't be thinking straight over the next few days, so keep your distance as much as you can.

Sagittarius Nov. 23 - Dec. 21
You believe that all things are possible, that you can overcome any challenge, and you may be right. However, Saturn in your sign warns there are powers at work that even you cannot control, so be careful.

Capricorn Dec. 22 - Jan. 20
You won't be able to rely on others for advice or assistance over the next two or three days, so you will just have to delve into your reserves of courage and handle whatever life throws at you in your own way.

Aquarius Jan. 21 - Feb. 19
No matter how impatient you may be to get started on a new project you are advised to wait. Neptune's influence could make you rather careless over the next few days.

Pisces Feb. 20 - March 20
Someone will go out of their way to provoke you today and you will find it hard not to react. Don't fall into their trap. They are hoping for an excuse to punish you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		1	9		7	3		
		9		4		2		
3	6						5	9
9			6		4			5
	1						4	
7			8		1			3
2	8						3	4
		3		6		7		
		4	2		8	1		

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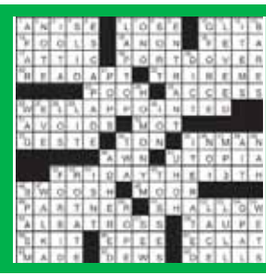

6	5	7	3	1	2	9	8	4
1	4	2	9	8	5	6	3	7
3	9	8	7	6	4	5	1	2
8	7	6	5	2	1	3	4	9
4	2	5	8	3	9	7	6	1
9	1	3	4	7	6	8	2	5
7	3	1	2	9	8	4	5	6
5	6	9	1	4	3	2	7	8
2	8	4	6	5	7	1	9	3

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